

# IDAHO BEHAVIORAL RISK FACTORS

RESULTS FROM THE **2001** BEHAVIORAL  
RISK FACTOR SURVEILLANCE SYSTEM

BUREAU OF HEALTH POLICY AND VITAL STATISTICS  
IDAHO DEPARTMENT OF HEALTH AND WELFARE



AUGUST 2002



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The Idaho Department of Health and Welfare would like to thank the citizens of Idaho who have participated in the Behavioral Risk Factor Surveillance System.

For more details on this project or any of the survey results, please contact the Bureau of Health Policy and Vital Statistics at (208) 334-5769.

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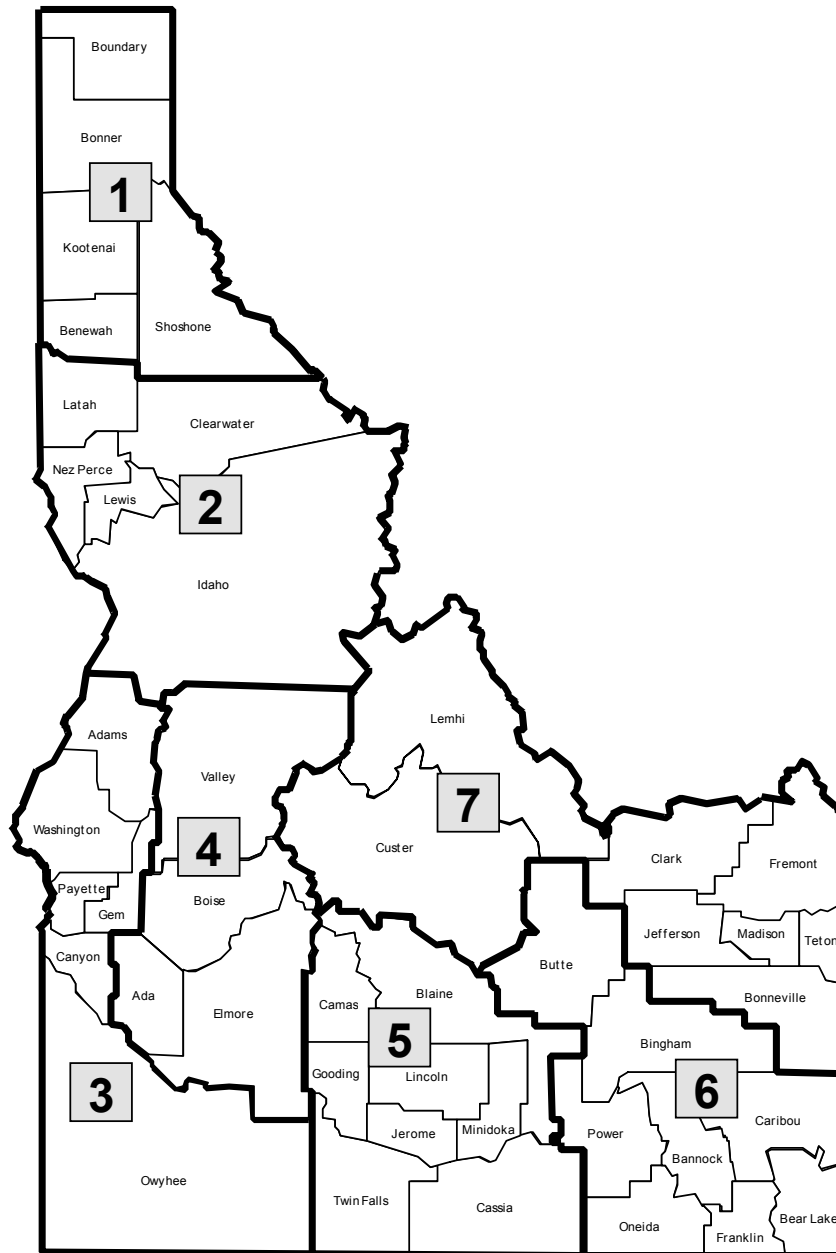
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# Idaho Public Health Districts



District 1	District 2	District 3	District 4	District 5	District 6	District 7
Benewah Bonner Boundary Kootenai Shoshone	Clearwater Idaho Latah Lewis Nez Perce	Adams Canyon Gem Owyhee Payette Washington	Ada Boise Elmore Valley	Blaine Camas Cassia Gooding Jerome Lincoln Minidoka Twin Falls	Bannock Bear Lake Bingham Butte Caribou Franklin Oneida Power	Bonneville Clark Custer Fremont Jefferson Lemhi Madison Teton

# Idaho Behavioral Risk Factor Surveillance System

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## Introduction

The Behavioral Risk Factor Surveillance System (BRFSS), an ongoing surveillance program developed and partially funded by the Centers for Disease Control and Prevention (CDC), is designed to estimate the prevalence of risk factors for the major causes of death and disability in the United States. Behavioral risk factor surveys have been conducted since the early 1980s to provide state-specific estimates of the proportion of adults aged 18 and over reporting health risk behaviors. Data from the BRFSS are useful for planning, initiating, and supporting health promotion and disease prevention programs at local, state, and federal levels, and for monitoring progress toward achieving health objectives.

In 1984, 19 states including Idaho participated in the BRFSS. Since then, the program has grown to encompass 50 states and several U.S. territories. The BRFSS is conducted as a random telephone survey of the non-institutionalized adult population. In 1997, Idaho switched from the Mitofsky-Waksberg method of sampling to list-assisted disproportionate stratified sampling in order to sample more efficiently. Idaho's sample has grown in size from 600 people in 1984, a sample size which provided only statewide estimates, to approximately 4,900 beginning in 1997, to produce health district estimates. Each state performs the survey in every month of the calendar year. After data collection is complete for the year, individual responses are weighted to be representative of the state's adult population.

The Idaho BRFSS has proven to be an important tool for monitoring health behaviors of adult Idahoans. The BRFSS has been used to support risk reduction and disease prevention activities by directing program planning, assessing trends, and targeting relevant population groups. BRFSS results can also be found at <http://www.idahohealth.org>.

## Methodology

*Sampling:* Idaho used disproportionate stratified sampling for its 2001 BRFSS. The sample was stratified by Idaho's seven public health districts. Approximately 700 Idahoans were interviewed in each health district, resulting in a total sample size of 4,833. The sample was disproportionately stratified within the health districts by telephone blocks. Telephone numbers are grouped into clusters of 100s. For example, in the number 979-99xx, xx represents the values 00 to 99. This is known as a 100 level block. These 100 level blocks have certain characteristics, one of which is the number of listed residential numbers that can be found in the block of telephone numbers. When a block has at least one

residential number, it is likely that many of the numbers in that block will be residential. A 100 level block that has at least one known residential number is called a 1+ block. In order to be representative, the Idaho BRFSS uses 1+ blocks and 0 blocks (meaning that no residential numbers are known to be in the block). Telephone blocks were sampled disproportionately: 1+ telephone blocks were sampled at a rate four times that of the 0 blocks. Interviews were conducted by telephone. The interviewers used computer-assisted telephone interviewing (CATI) software to record responses.

*Weighting:* The data were weighted to account for differences in the probability of selection. For example, some households have more than one telephone line and are more likely to be called. The weighting corrects for this difference in probability of selection. Post-stratification weighting, based on 2001 population estimates, was used to more closely represent population characteristics and to develop estimates of the numbers of people with various risk factors.

*Analysis:* Idaho used SAS software for data manipulation and to create the risk factors. All "don't know," "not sure," and "refused" responses have been excluded from the analysis. Standard errors were calculated using SUDAAN software. The 95% confidence intervals (95% CI) were calculated using the following formula: Confidence Interval = Prevalence Estimate +/- (1.96\*Standard Error). Prevalence estimates based on denominators with fewer than 50 respondents have been suppressed and are indicated in the data tables with an asterisk(\*). The BRFSS has adopted this standard to maintain a high degree of reliability.

## **Data Limitations**

Errors in estimation are a result of the fact that the BRFSS is a self-reported telephone survey (Centers for Disease Control and Prevention 1998). There are a number of potential sources of error; a few of the major ones are discussed here. Any survey that relies on sampling -collecting data from only a portion of the population- will have some error. Each sample drawn will deviate somewhat from the population. Another potential source of error is the population from which the sample is drawn. Ideally, all adults aged 18 and older would be potential respondents for the survey. However, the cost of surveying even a sample of all adults would be prohibitive. In Idaho the sample is limited to adults aged 18 and older who are non-institutionalized, live in a household with a telephone, and can communicate in English over the telephone. This excludes people in prisons and dormitories, non-English speakers, those without telephones and others who cannot communicate by telephone, such as the hearing impaired. The Federal Communications Commission reports that the annual average percent of Idaho households with telephones in 1999 was 93.5%. Its data also suggest that minorities and the poor are less likely to have a telephone in the home than are non-minorities and the affluent (Federal Communications Commission, 2002).

## Understanding the Data Tables

The data tables provide both state and health district data for various demographic groups. An understanding of the tables is important to interpreting the data correctly.

- A. This title refers to the risk factor.
- B. This title refers to the population surveyed. For most questions, this will be the adult (aged 18 and over) Idaho population.
- C. The labels across the top of the table (i.e., state and district) refer to the geographic region of residence.
- D. The labels on the left side of the table refer to the particular group the numbers represent. For example, the row labeled "female" will contain data for women for the geographic region indicated at the top of the table.
- E. The shaded columns contain the prevalence (percent) of the risk factor.
- F. The two numbers in the column labeled "95% CI" are the lower and upper limits of the confidence interval. This interval can be interpreted to mean that there is a 95% certainty that the true prevalence of the risk factor falls within the confidence interval.
- G. "N" refers to the number of people sampled who responded to the question within the demographic group and geographic region indicated. It does NOT represent the number of people who have the risk factor. An asterisk indicates that fewer than 50 people in the group responded (see Methodology).

A Risk Factor																
B Population																
D	C				Health District											
	G				District 1				District 2				District 3			
	State				District 1				District 2				District 3			
E	%	95% CI		N	%	95% CI		N	%	95% CI		N	%	95% CI		N
TOTAL	11.7	10.6	12.8	4,830	10.8	8.3	13.3	689	11.6	8.9	14.3	685	11.5	9.0	14.0	680
SEX		F														
Male	10.6	9.0	12.2	2,070	8.5	5.2	11.8	274	10.5	6.8	14.2	317	14.5	10.2	18.8	294
Female	12.7	11.2	14.2	2,760	13.0	9.5	16.5	415	12.7	8.6	16.8	368	8.6	5.7	11.5	386



# Summary of Trends

Risk Factor	'91	'92	'93	'94	'95	'96	'97	'98	'99	'00	'01
<b>Percent of Idaho adults who:</b>											
Reported their general health was "fair" or "poor"	N/A	N/A	11.9	10.0	11.2	11.7	12.4	12.2	12.9	13.1	13.0
Do NOT have health care coverage	14.5	18.8	14.8	12.9	14.3	15.0	16.6	15.2	16.7	17.1	14.8
Report no leisure time activity	22.1	20.2	N/A	21.9	N/A	20.6	N/A	20.4	N/A	19.8	21.0
Have ever been told they have high blood pressure <sup>1</sup>	19.3	18.7	23.1	N/A	21.6	N/A	24.1	N/A	23.0	N/A	24.6
Have NOT had their blood cholesterol checked within previous five years	37.0	38.4	35.7	N/A	33.7	N/A	35.0	N/A	36.2	N/A	34.1
Have ever been told they have high cholesterol among those who have been checked	25.7	25.6	29.9	N/A	28.1	N/A	29.8	N/A	30.1	N/A	30.3
Have ever been told they have asthma <sup>2</sup>	N/A	N/A	N/A	N/A	N/A	N/A	N/A	10.2	11.3	10.8	11.7
Have ever been told they have diabetes	3.7	6.2	4.2	4.2	3.6	3.5	4.0	4.3	4.8	4.9	5.4
Have been diagnosed with arthritis	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	22.7	21.9
Currently smoke	21.7	19.4	20.2	19.6	19.8	21.1	19.9	20.3	21.5	22.3	19.6

N/A indicates data not available

<sup>1</sup>Question wording changed from 2000 to 2001.

<sup>2</sup>Question wording changed from 1998 to 1999 and from 2000 to 2001.

# Summary of Trends

Risk Factor	'91	'92	'93	'94	'95	'96	'97	'98	'99	'00	'01
<b>Percent of Idaho adults who:</b>											
Are at risk for chronic drinking <sup>3,4</sup>	2.2	2.6	3.7	3.0	2.8	3.3	3.0	3.6	3.5	4.3	4.8
Are at risk for binge drinking <sup>3,4</sup> (previously titled “acute drinking”)	9.0	9.7	13.9	14.8	13.1	14.7	14.9	14.8	14.7	14.9	12.8
Are overweight <sup>5</sup>	45.7	46.5	49.2	49.1	51.6	51.6	52.2	53.1	55.2	55.7	59.3
Do NOT have dental insurance	N/A	N/A	N/A	N/A	46.6	N/A	47.4	N/A	44.9	N/A	44.9
Currently use smokeless tobacco <sup>3</sup>	N/A	4.5	4.6	4.5	3.9	4.5	N/A	3.6	N/A	3.3	4.8
Do NOT always use seat belts	51.7	50.6	48.8	N/A	42.6	N/A	40.4	40.5	41.0	39.1	34.8
Report marijuana use in previous 12 months	N/A	N/A	N/A	N/A	N/A	N/A	5.4	4.9	4.3	5.0	5.8

N/A indicates data not available.

<sup>3</sup>Minor changes have been made to the trend line to correct data entry errors from previous editions.

<sup>4</sup>Question wording changed from 2000 to 2001.

<sup>5</sup>Results may differ from previous publications due to revisions in the risk factor calculation.

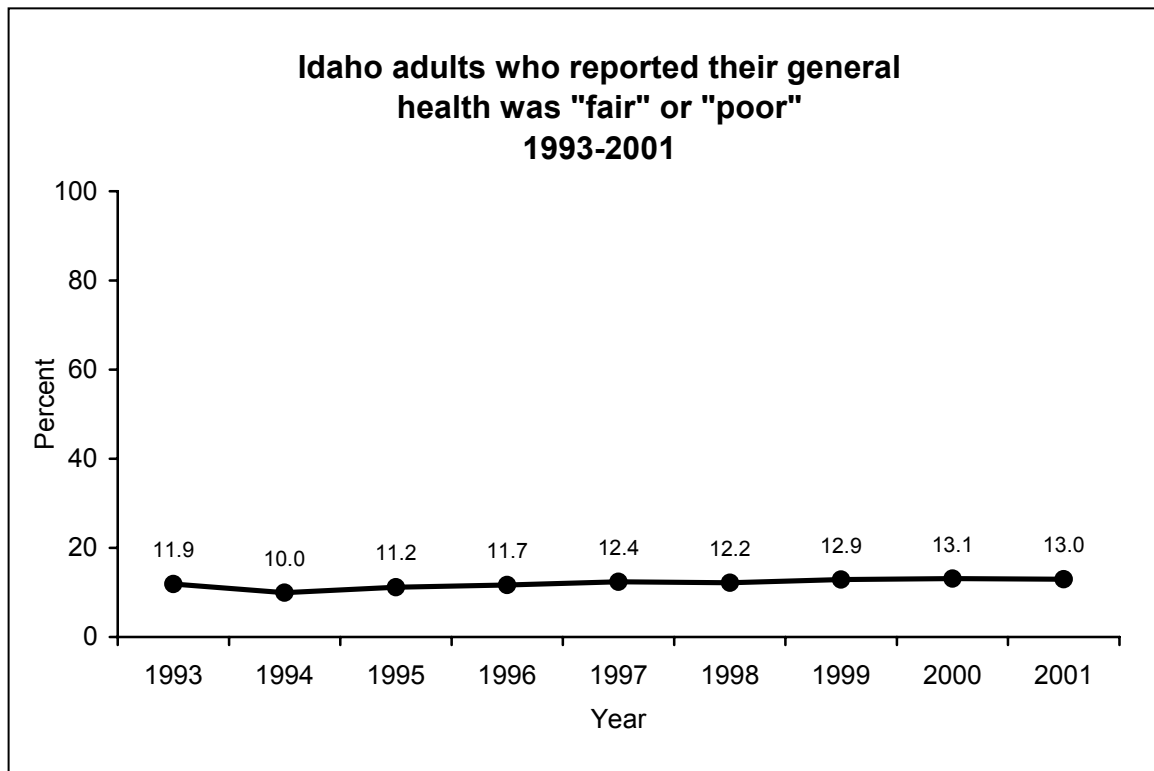
# General Health Status

**Question:** Would you say that in general your health is excellent, very good, good, fair, or poor?

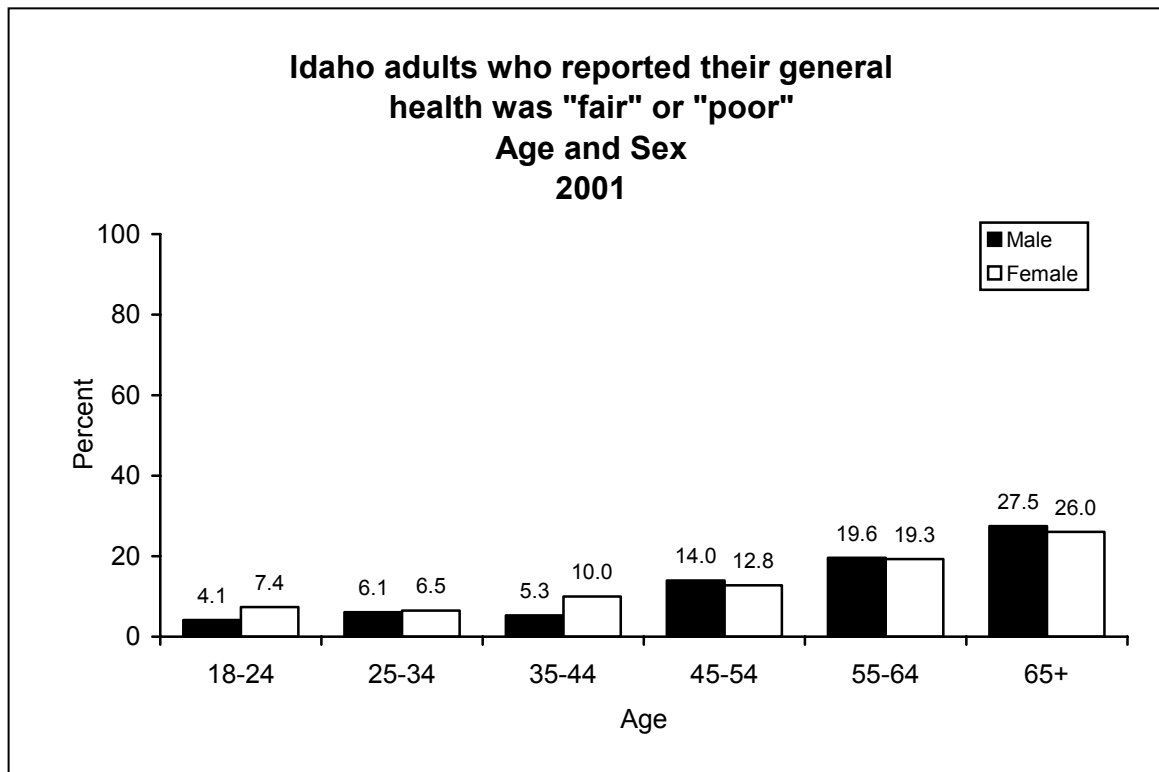
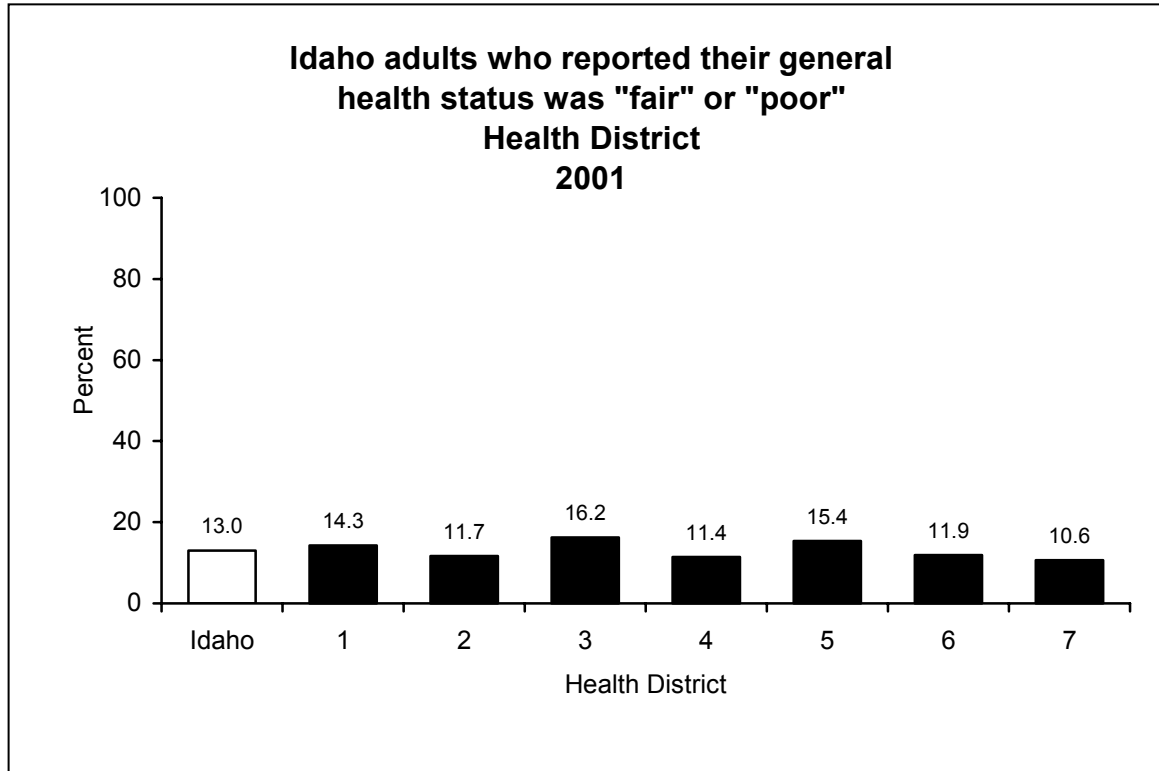
Appendix A, p. 76

## Summary

- Nearly one-third (30.3 percent) of adults with incomes less than \$15,000 report their general health as “fair” or “poor”.
- Adults who are employed are less likely (7.0 percent) to report their health as “fair” or “poor” than those unemployed (22.0 percent).
- Nearly one-third (30.1 percent) of adults with an education level of K-11<sup>th</sup> grade report their general health as “fair” or “poor”.
- Health district three has the highest percentage of adults who report their health as “fair” or “poor” (16.2 percent).



# General Health Status



# General Health Status

Idaho adults who reported their general health was "fair" or "poor", 2001

	State				Health District											
					District 1				District 2				District 3			
	%	95% CI		N	%	95% CI		N	%	95% CI		N	%	95% CI		N
TOTAL	13.0	11.9	14.1	4,822	14.3	11.6	17.0	690	11.7	9.0	14.4	681	16.2	13.3	19.1	681
SEX																
Male	12.2	10.6	13.8	2,067	13.3	9.2	17.4	274	10.8	7.3	14.3	315	14.3	10.2	18.4	294
Female	13.7	12.3	15.1	2,755	15.3	11.8	18.8	416	12.5	8.6	16.4	366	18.0	13.8	22.2	387
AGE																
18-24	5.7	3.5	7.9	486	8.9	1.5	16.3	56	4.7	1.0	8.4	88	6.2	0.2	12.2	64
25-34	6.3	4.3	8.3	859	5.0	0.5	9.5	97	5.1	1.0	9.2	112	4.8	1.5	8.1	144
35-44	7.7	5.7	9.7	1,003	6.3	2.8	9.8	156	6.6	0.1	13.1	132	9.9	4.6	15.2	124
45-54	13.4	10.9	15.9	867	17.1	10.2	24.0	134	13.3	6.8	19.8	127	11.5	5.3	17.7	122
55-64	19.5	15.8	23.2	617	24.4	14.8	34.0	93	10.5	3.6	17.4	81	27.1	16.5	37.7	80
65+	26.6	23.3	29.9	947	21.8	14.9	28.7	152	28.1	20.1	36.0	135	35.2	26.6	43.8	138
18-34	6.1	4.7	7.4	1,345	6.6	2.5	10.7	153	4.9	2.2	7.6	200	5.4	2.3	8.5	208
35-54	10.4	8.8	12.0	1,870	11.9	8.0	15.8	290	9.9	5.4	14.4	259	10.7	6.6	14.8	246
55+	23.6	21.1	26.1	1,564	22.9	17.2	28.6	245	21.0	15.3	26.7	216	32.1	25.4	38.8	218
SEX and AGE																
Male																
18-34	5.2	3.2	7.2	594	4.9	0.0	10.6	58	6.5	2.0	11.0	96	2.0	0.0	4.7	103
35-54	9.6	7.2	12.0	816	9.9	4.6	15.2	125	8.4	2.7	14.0	117	9.6	3.3	15.9	94
55+	23.9	20.0	27.8	642	23.7	14.3	33.1	89	19.7	11.9	27.5	100	32.5	22.5	42.5	96
Female																
18-34	6.9	4.9	8.9	751	8.3	2.4	14.2	95	3.1	0.0	6.2	104	9.0	3.1	14.9	105
35-54	11.3	9.1	13.5	1,054	13.8	7.9	19.7	165	11.5	4.4	18.6	142	11.8	6.5	17.1	152
55+	23.4	20.3	26.5	922	22.2	15.5	28.9	156	22.1	14.1	30.1	116	31.7	22.7	40.7	122
INCOME																
Less than \$15,000	30.3	26.0	34.6	610	36.5	24.9	48.1	83	22.2	14.2	30.2	111	37.1	26.1	48.1	97
\$15,000 - \$24,999	19.4	16.5	22.3	923	26.6	18.4	34.8	138	14.0	8.0	20.0	156	19.3	12.0	26.6	135
\$25,000 - \$34,999	11.9	9.2	14.6	756	6.2	1.9	10.5	110	8.8	2.9	14.7	92	15.1	8.0	22.2	122
\$35,000 - \$49,999	7.2	5.2	9.1	909	7.4	3.0	11.8	151	11.0	3.0	19.0	103	7.7	3.2	12.2	134
\$50,000+	5.2	3.6	6.8	1,147	4.3	0.8	7.8	133	4.3	0.8	7.8	146	6.3	2.0	10.6	132
EMPLOYMENT																
Employed	7.0	6.0	8.0	3,007	7.0	4.5	9.5	395	5.4	3.0	7.8	405	8.3	5.6	11.0	426
Unemployed	22.0	14.9	29.1	175	*	*	*	*	*	*	*	*	*	*	*	*
Other**	23.8	21.4	26.2	1,631	24.4	18.9	29.9	262	20.2	14.5	25.9	244	29.0	22.5	35.5	227
EDUCATION																
K-11th Grade	30.1	25.4	34.8	465	34.1	21.6	46.6	64	*	*	*	*	30.3	20.9	39.7	104
12th Grade or GED	15.6	13.6	17.6	1,557	15.0	10.3	19.7	255	14.8	9.9	19.7	225	18.2	12.9	23.5	242
Some College	10.1	8.5	11.7	1,504	12.2	7.9	16.5	209	9.7	5.6	13.8	216	12.0	7.3	16.7	195
College Graduate+	7.2	5.4	9.0	1,287	7.8	3.2	12.3	162	6.0	1.5	10.5	194	5.5	1.0	10.0	138

\*Figure not reliable by BRFSS standards (N<50)

\*\*Other includes students, homemakers, retirees, and persons unable to work

# General Health Status

Idaho adults who reported their general health was "fair" or "poor", 2001

	Health District															
	District 4				District 5				District 6				District 7			
	%	95% CI		N	%	95% CI		N	%	95% CI		N	%	95% CI		N
TOTAL	11.4	8.9	13.9	692	15.4	12.5	18.3	683	11.9	9.2	14.6	697	10.6	8.2	13.0	698
SEX																
Male	11.9	8.0	15.8	288	13.9	9.6	18.2	287	11.8	7.7	16.0	296	8.4	5.1	11.7	313
Female	10.9	7.7	14.0	404	16.8	12.9	20.7	396	12.0	8.7	15.3	401	12.8	9.3	16.3	385
AGE																
18-24	*	*	*	*	6.0	0.1	11.9	77	11.6	3.3	19.9	79	3.6	0.0	7.5	79
25-34	7.4	2.9	11.9	149	9.2	3.3	15.1	113	4.4	0.1	8.7	127	6.5	1.2	11.8	117
35-44	8.2	3.7	12.7	160	8.1	3.6	12.6	138	7.8	2.5	13.1	140	5.3	2.0	8.6	153
45-54	12.8	6.7	18.9	135	16.9	9.8	24.0	110	12.6	5.9	19.2	122	9.2	3.7	14.7	117
55-64	14.1	6.7	21.5	89	23.5	14.1	32.9	103	17.0	8.8	25.2	86	20.0	9.6	30.4	85
65+	25.3	16.3	34.3	104	27.6	19.6	35.6	139	21.5	14.2	28.8	138	25.7	18.3	33.1	141
18-34	5.6	2.4	8.8	192	8.0	3.7	12.3	190	7.4	3.1	11.7	206	5.1	1.8	8.4	196
35-54	10.3	6.6	14.0	295	12.4	8.3	16.5	248	10.1	5.8	14.4	262	7.1	4.0	10.2	270
55+	20.2	14.1	26.3	193	26.0	19.7	32.3	242	19.6	14.1	25.1	224	23.2	16.9	29.5	226
SEX and AGE																
Male																
18-34	6.0	1.1	10.9	77	8.9	2.4	15.4	85	6.9	0.0	13.8	88	2.1	0.0	5.0	87
35-54	10.9	5.4	16.4	137	9.2	3.7	14.7	110	10.5	3.4	17.6	105	5.7	1.2	10.2	128
55+	21.6	11.2	32.0	71	25.8	15.6	36.0	90	20.0	12.2	27.8	102	21.8	12.0	31.6	94
Female																
18-34	5.3	1.0	9.6	115	6.9	1.6	12.2	105	7.8	2.7	12.9	118	8.1	2.2	14.0	109
35-54	9.6	4.7	14.5	158	15.6	9.3	21.9	138	9.8	5.3	14.3	157	8.5	4.2	12.8	142
55+	19.0	11.7	26.3	122	26.2	18.6	33.8	152	19.3	11.7	26.9	122	24.4	16.6	32.2	132
INCOME																
Less than \$15,000	31.6	18.1	45.1	56	29.4	19.0	39.8	83	27.7	17.2	38.2	92	22.2	13.2	31.2	88
\$15,000 - \$24,999	16.3	8.9	23.7	103	22.0	14.7	29.3	151	15.7	8.4	23.0	134	21.7	12.9	30.5	106
\$25,000 - \$34,999	16.2	8.4	24.0	109	11.8	5.3	18.3	110	9.3	2.6	16.0	103	9.2	3.7	14.7	110
\$35,000 - \$49,999	6.8	2.1	11.5	119	6.1	1.8	10.4	139	7.8	3.3	12.3	139	5.1	1.0	9.2	124
\$50,000+	5.1	2.2	8.0	248	8.9	3.6	14.2	131	4.3	0.8	7.8	167	4.2	0.5	7.9	190
EMPLOYMENT																
Employed	6.4	4.2	8.6	476	10.3	7.2	13.4	450	6.7	3.8	9.6	425	4.5	2.3	6.6	430
Unemployed	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Other**	22.4	16.1	28.7	193	27.3	20.8	33.8	214	19.3	14.2	24.4	246	22.5	16.8	28.2	245
EDUCATION																
K-11th Grade	*	*	*	*	23.6	14.5	32.6	92	27.4	15.1	39.7	62	34.7	21.0	48.4	52
12th Grade or GED	14.6	9.1	20.1	173	21.1	15.4	26.8	226	15.4	9.7	21.1	217	8.8	4.7	12.9	219
Some College	8.7	5.0	12.4	215	10.1	5.5	14.6	202	10.8	6.9	14.7	245	8.9	5.0	12.8	222
College Graduate+	7.6	3.9	11.3	256	8.8	3.9	13.7	162	3.7	0.6	6.8	172	8.9	4.4	13.4	203

\*Figure not reliable by BRFSS standards (N<50)

\*\*Other includes students, homemakers, retirees, and persons unable to work

# Health Care Coverage

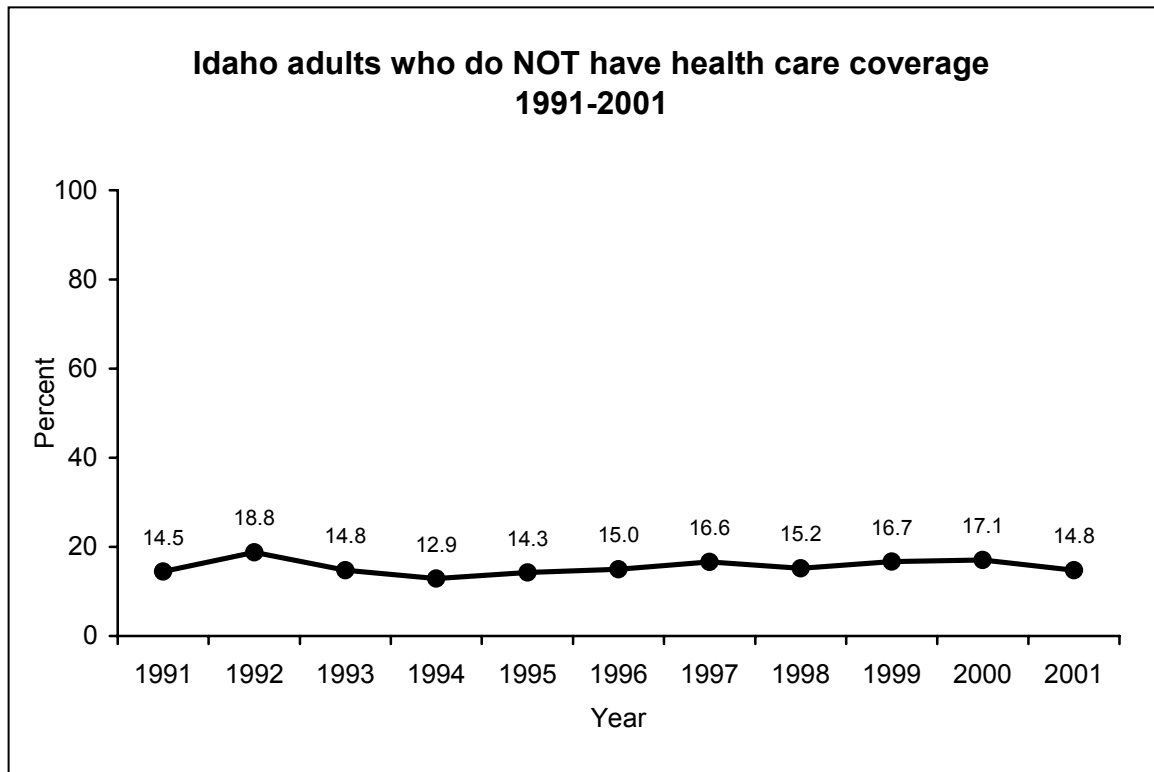
**Question:** Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as medicare?

Appendix A, p. 76

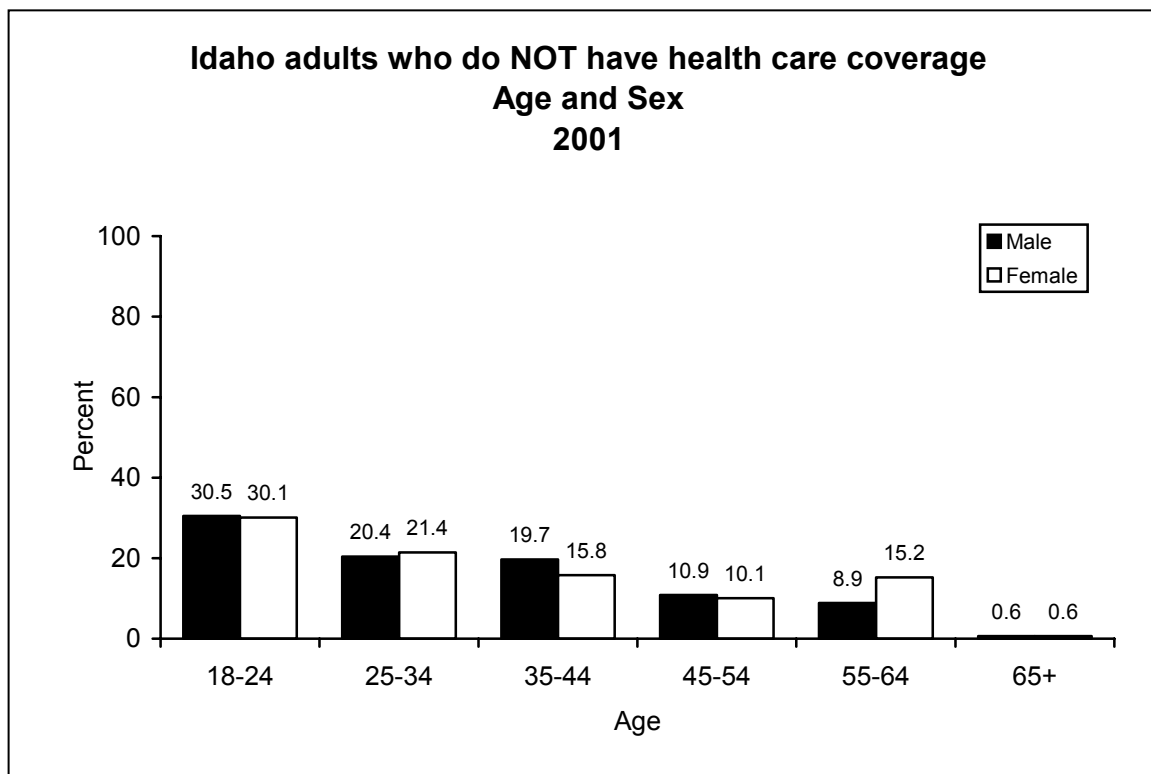
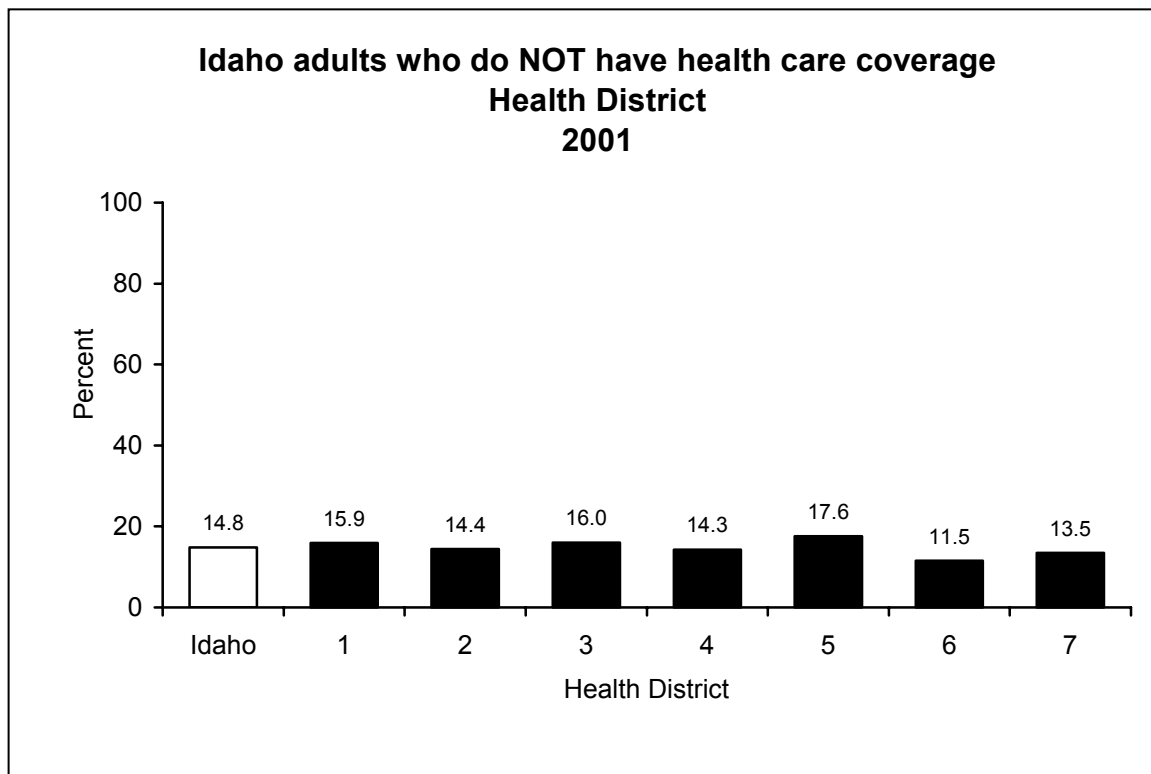
National health expenditures are projected to reach \$2.6 trillion by 2010 with prescription drugs as the fastest rising component of personal health expenditures. Personal consumption expenditure data for 1999 reveal that Americans spend 15 cents out of every dollar for medical care. In 1999, approximately 1 in 6 (16 percent) people in the United States had no health care coverage. Without health insurance, costs associated with the treatment of injuries or severe or chronic illnesses could well exceed the ability of a person to pay or borrow (Health Insurance Association of America, 2002).

## Summary

- Nearly one-third of Idaho adults aged 18-24 are uninsured (30.3 percent).
- Adults in the two lowest income groups are most likely to be uninsured.
- Over half of the adults who are unemployed (55.5 percent) are uninsured.



# Health Care Coverage





# Health Care Coverage

Idaho adults who do NOT have health care coverage, 2001

	State			Health District												
				District 1			District 2			District 3						
	%	95% CI		N	%	95% CI		N	%	95% CI		N	%	95% CI		N
TOTAL	14.8	13.6	16.0	4,819	15.9	12.8	19.0	687	14.4	11.3	17.5	684	16.0	12.9	19.1	679
SEX																
Male	15.2	13.2	17.2	2,060	18.1	13.0	23.2	272	15.0	10.5	19.5	317	15.9	11.2	20.6	293
Female	14.4	12.8	16.0	2,759	13.9	10.2	17.6	415	13.8	9.1	18.5	367	16.0	12.1	19.9	386
AGE																
18-24	30.3	24.8	35.8	479	36.1	22.1	50.1	54	26.9	14.4	39.4	88	37.8	24.9	50.7	64
25-34	20.9	17.6	24.2	855	25.9	15.9	35.9	97	21.8	13.4	30.2	111	23.3	16.0	30.6	143
35-44	17.7	14.9	20.5	1,004	19.6	12.9	26.2	156	11.9	6.4	17.4	132	13.6	6.7	20.5	124
45-54	10.5	8.3	12.7	869	13.1	7.2	19.0	134	12.4	6.3	18.5	127	18.5	10.9	26.1	122
55-64	12.1	9.2	15.0	619	9.9	3.8	16.0	93	15.6	7.8	23.4	83	8.3	2.2	14.4	80
65+	0.6	0.0	1.2	951	0.5	0.0	1.5	151	1.0	0.0	2.4	137	0.5	0.0	1.5	138
18-34	24.9	21.9	27.8	1,334	29.8	21.6	38.0	151	24.3	16.6	32.0	199	29.4	22.5	36.3	207
35-54	14.3	12.5	16.0	1,873	16.2	11.7	20.7	290	12.1	8.0	16.2	259	16.0	10.9	21.1	246
55+	5.4	4.1	6.7	1,570	4.4	1.8	6.9	244	6.9	3.6	10.2	220	3.5	1.0	6.0	218
SEX and AGE																
Male																
18-34	24.6	20.1	29.1	584	33.3	20.2	46.4	56	23.6	13.7	33.5	96	26.8	16.8	36.8	102
35-54	15.4	12.5	18.3	816	20.3	13.0	27.6	125	12.1	6.0	18.2	117	16.4	8.6	24.2	94
55+	4.3	2.7	5.9	645	2.1	0.0	5.2	89	8.6	3.1	14.1	102	3.7	0.0	7.4	96
Female																
18-34	25.1	21.2	29.0	750	26.4	16.6	36.2	95	25.0	12.7	37.3	103	32.1	22.4	41.7	105
35-54	13.1	10.9	15.3	1,057	12.3	7.2	17.4	165	12.2	6.7	17.7	142	15.6	8.9	22.3	152
55+	6.3	4.3	8.3	925	6.3	2.4	10.2	155	5.4	1.3	9.5	118	3.4	0.1	6.7	122
INCOME																
Less than \$15,000	29.0	23.9	34.1	611	32.6	20.6	44.6	83	20.6	12.2	29.0	111	25.5	15.5	35.5	97
\$15,000 - \$24,999	28.9	25.2	32.6	925	22.0	14.0	30.0	138	32.9	23.8	42.0	157	23.3	15.1	31.5	135
\$25,000 - \$34,999	17.9	14.6	21.2	757	22.0	13.6	30.4	110	15.4	5.4	25.4	92	24.8	16.6	33.0	122
\$35,000 - \$49,999	8.0	6.0	10.0	911	10.6	5.5	15.7	151	4.4	0.7	8.1	105	9.8	3.9	15.7	134
\$50,000+	2.9	1.7	4.1	1,146	3.9	0.0	8.0	133	1.9	0.0	3.9	146	2.4	0.0	4.9	132
EMPLOYMENT																
Employed	14.6	13.0	16.2	3,004	18.0	13.7	22.3	393	12.7	9.4	16.0	407	16.8	12.8	20.8	425
Unemployed	55.5	46.5	64.5	174	*	*	*	*	*	*	*	*	*	*	*	*
Other**	10.2	8.2	12.1	1,632	6.9	3.4	10.4	261	12.4	6.2	18.6	245	10.4	5.9	14.9	226
EDUCATION																
K-11th Grade	26.2	20.9	31.5	464	8.9	1.8	16.0	62	*	*	*	*	26.7	17.5	35.9	104
12th Grade or GED	19.5	17.1	22.0	1,553	22.6	16.7	28.4	255	21.2	14.3	28.1	226	14.9	9.8	20.0	241
Some College	15.0	12.8	17.2	1,505	18.0	12.3	23.7	209	13.9	8.3	19.5	218	17.7	11.6	23.7	194
College Graduate+	5.2	3.6	6.8	1,286	4.6	1.1	8.1	161	6.0	3.0	9.0	194	6.5	2.2	10.8	138

\*Figure not reliable by BRFSS standards (N<50)

\*\*Other includes students, homemakers, retirees, and persons unable to work

# Health Care Coverage

Idaho adults who do NOT have health care coverage, 2001

	Health District															
	District 4				District 5				District 6				District 7			
	%	95% CI		N	%	95% CI		N	%	95% CI		N	%	95% CI		N
TOTAL	14.3	11.2	17.4	692	17.6	14.5	20.7	685	11.5	9.0	14.0	697	13.5	10.4	16.6	695
SEX																
Male	15.1	10.0	20.2	287	18.9	13.8	24.0	287	9.3	5.6	13.0	293	12.6	7.9	17.3	311
Female	13.6	9.9	17.3	405	16.4	12.5	20.3	398	13.6	10.1	17.1	404	14.4	10.5	18.3	384
AGE																
18-24	*	*	*	*	37.4	25.8	49.0	77	14.5	5.9	23.1	76	19.2	9.2	29.2	77
25-34	16.3	9.6	23.0	148	22.4	13.5	31.3	113	15.8	8.9	22.7	127	25.9	14.9	36.9	116
35-44	18.9	12.4	25.4	160	25.8	17.6	34.0	138	16.1	9.4	22.8	141	14.2	8.5	19.9	153
45-54	4.0	0.7	7.3	136	13.7	6.8	20.6	110	10.0	4.5	15.5	123	8.2	2.5	13.9	117
55-64	14.4	6.7	22.0	89	13.5	5.9	21.1	104	11.0	4.2	17.8	86	11.5	4.5	18.5	84
65+	0.6	0.0	1.8	104	0.4	0.0	1.2	140	1.5	0.0	4.4	139	0.0	0.0	0.0	142
18-34	24.0	16.4	31.6	191	28.2	21.1	35.2	190	15.3	10.0	20.6	203	22.6	15.5	29.7	193
35-54	12.2	8.1	16.3	296	19.9	14.4	25.4	248	13.2	8.8	17.5	264	11.3	7.2	15.4	270
55+	6.9	3.4	10.4	193	5.5	2.4	8.6	244	5.5	2.2	8.8	225	5.1	2.0	8.2	226
SEX and AGE																
Male																
18-34	23.9	11.8	36.0	76	27.4	17.2	37.6	85	12.7	4.9	20.5	85	24.0	13.4	34.6	84
35-54	15.9	9.2	22.6	137	21.6	12.8	30.4	110	9.4	3.3	15.5	105	8.0	3.1	12.9	128
55+	3.1	0.0	6.8	71	6.8	0.9	12.7	90	5.3	1.0	9.6	102	3.9	0.0	8.2	95
Female																
18-34	24.1	14.7	33.5	115	28.9	19.1	38.7	105	17.9	10.6	25.2	118	21.3	12.8	29.8	109
35-54	8.4	4.1	12.7	159	18.2	11.5	24.9	138	17.0	10.7	23.3	159	14.6	8.3	20.9	142
55+	10.0	4.3	15.7	122	4.4	1.3	7.5	154	5.6	0.7	10.5	123	6.1	1.6	10.6	131
INCOME																
Less than \$15,000	42.2	25.2	59.2	56	26.0	15.2	36.8	84	29.5	19.7	39.3	93	20.7	10.5	30.9	87
\$15,000 - \$24,999	37.4	26.8	48.0	104	31.8	23.6	40.0	151	23.0	14.6	31.4	134	28.6	18.2	39.0	106
\$25,000 - \$34,999	15.3	8.0	22.6	109	16.0	8.4	23.6	110	8.5	2.7	14.3	104	20.8	9.2	32.4	110
\$35,000 - \$49,999	5.9	1.8	10.0	119	11.7	5.8	17.6	139	4.8	1.2	8.4	139	7.3	2.0	12.5	124
\$50,000+	2.4	0.6	4.2	248	6.5	0.8	12.2	132	2.9	0.0	5.8	166	2.1	0.0	4.3	189
EMPLOYMENT																
Employed	12.3	8.8	15.8	476	20.4	16.2	24.5	450	10.1	7.1	13.1	425	13.1	9.1	17.1	428
Unemployed	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Other**	12.8	7.5	18.1	193	7.6	3.7	11.5	216	9.5	5.6	13.4	246	10.2	5.5	14.9	245
EDUCATION																
K-11th Grade	*	*	*	*	36.8	25.6	48.0	92	17.3	6.9	27.6	64	24.1	9.8	38.4	52
12th Grade or GED	20.3	13.2	27.3	172	18.8	13.1	24.5	226	17.5	11.8	23.2	216	22.0	15.3	28.7	217
Some College	15.3	9.8	20.8	216	17.9	12.0	23.8	203	11.1	6.8	15.4	244	9.7	5.6	13.8	221
College Graduate+	5.6	2.7	8.5	256	4.5	0.6	8.4	162	2.6	0.4	4.8	172	5.9	0.0	12.2	203

\*Figure not reliable by BRFSS standards (N<50)

\*\*Other includes students, homemakers, retirees, and persons unable to work

# Exercise

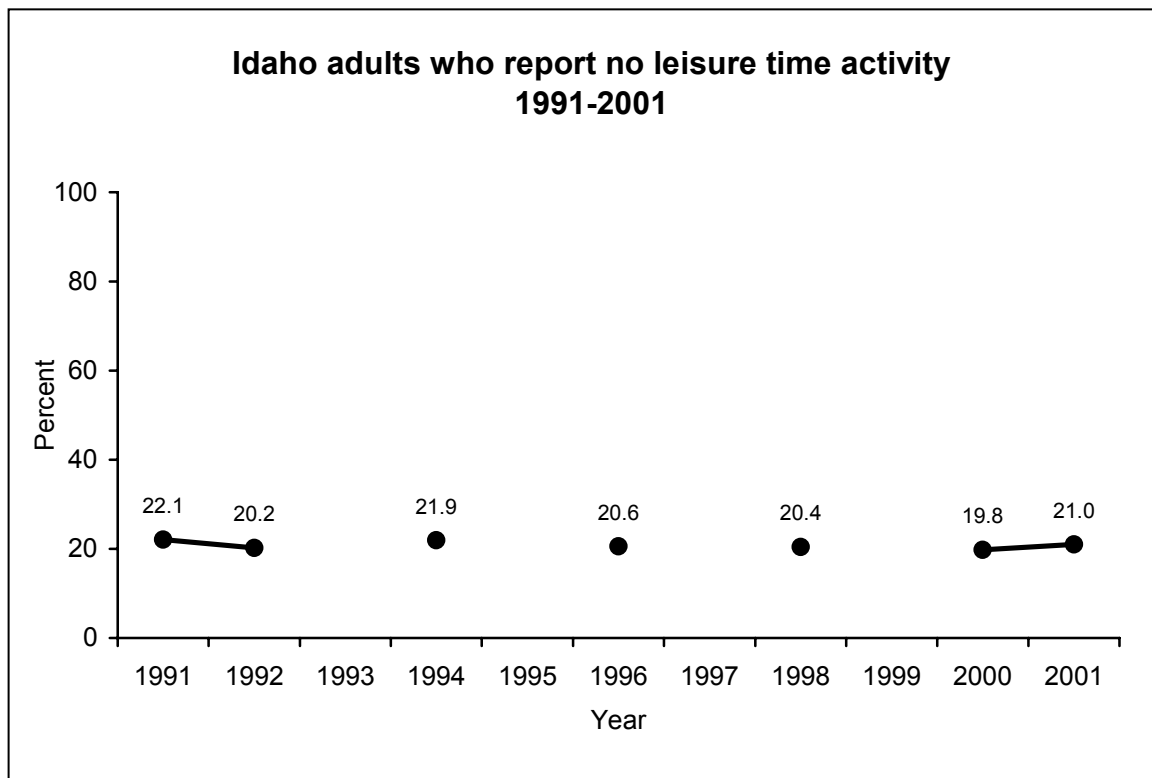
**Question:** During the past 30 days, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?

Appendix A, p. 77

Regular physical activity and improved physical fitness offer numerous health benefits, including reduced risk for cardiovascular disease, diabetes, obesity, some cancers, and musculoskeletal conditions (National Center for Health Statistics, 2001).

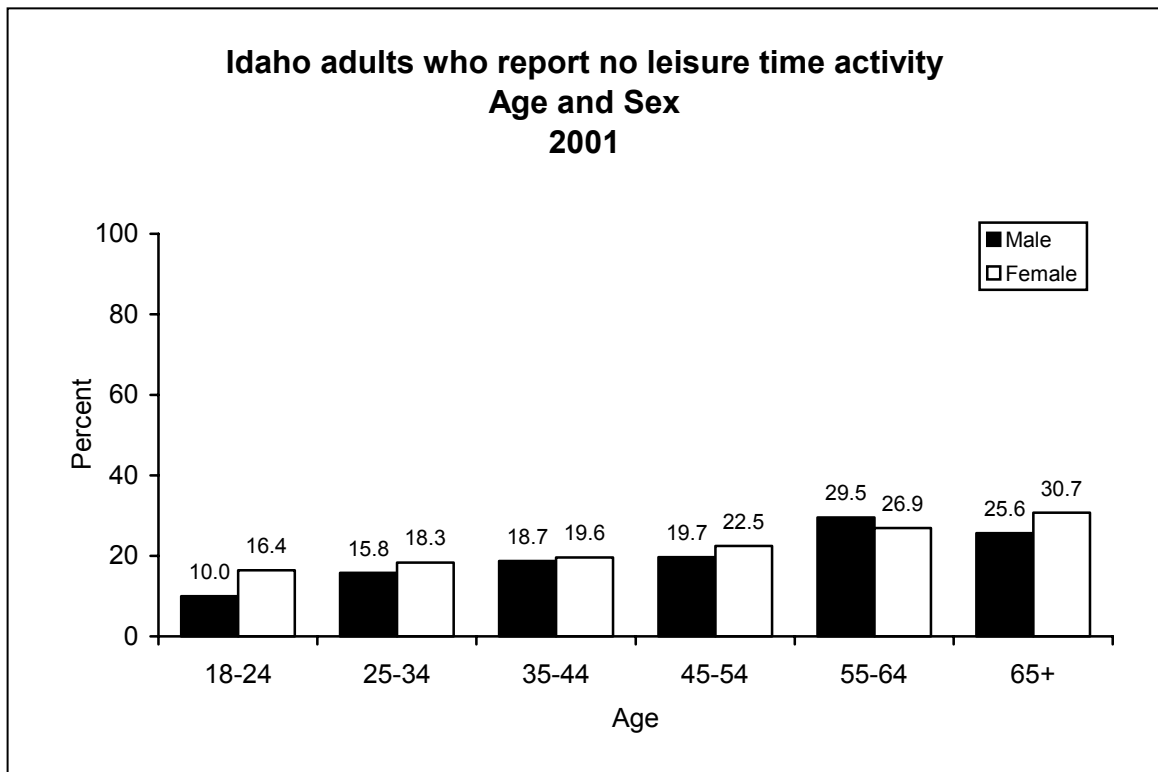
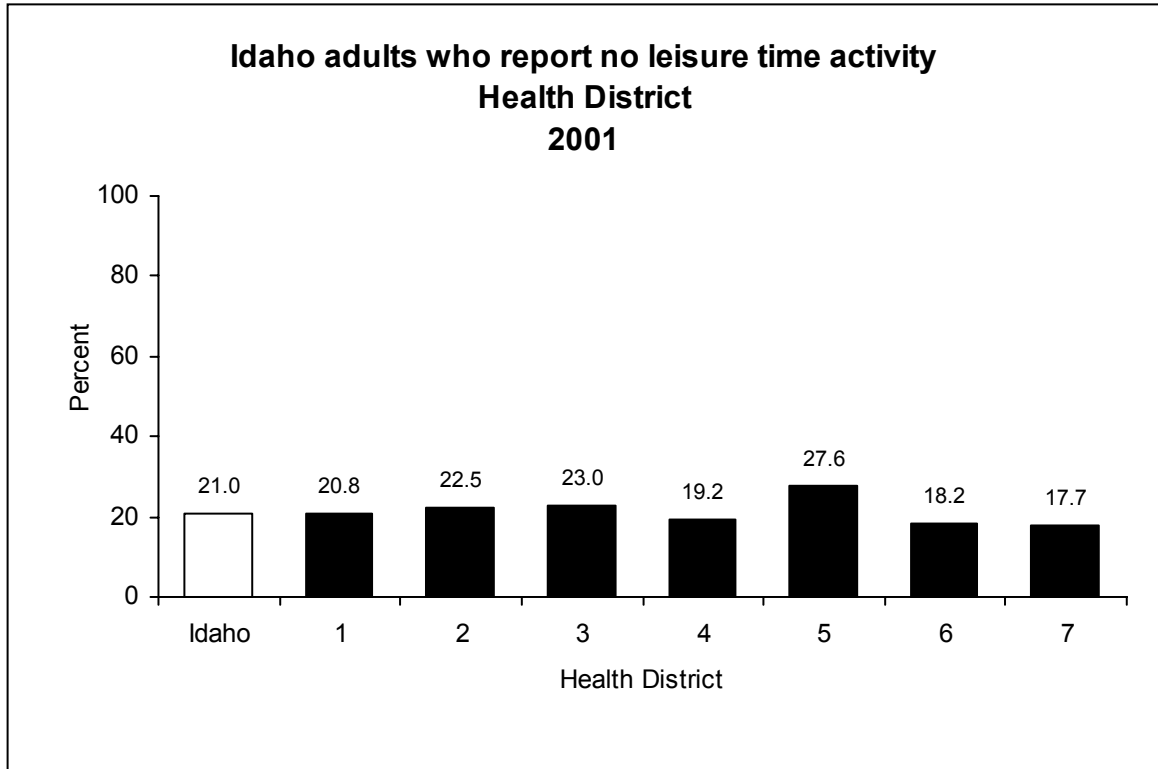
## Summary

- Adults 55 and older are more likely (28.4 percent) to report no leisure activity than 18-34 year olds (13.1 percent).
- Over one-fourth (27.4 percent) of adults with annual household income of less than \$15,000 report no leisure activity compared with 12.5 percent of adults with a household income of \$50,000 or more.
- Adults with less than a high school education are more likely (42.3 percent) to report no leisure time activity than those with at least a college degree (13.4 percent).



Breaks in the trend line indicate that data are not available for those years.

# Exercise



# Exercise

## Idaho adults who report no leisure time activity, 2001

	State			Health District								
				District 1			District 2			District 3		
	%	95% CI	N	%	95% CI	N	%	95% CI	N	%	95% CI	N
<b>TOTAL</b>	<b>21.0</b>	19.6 22.4	4,831	<b>20.8</b>	17.5 24.1	690	<b>22.5</b>	19.0 26.0	684	<b>23.0</b>	19.7 26.3	681
<b>SEX</b>												
Male	<b>19.5</b>	17.3 21.7	2,070	<b>21.0</b>	15.9 26.0	274	<b>20.9</b>	16.2 25.6	317	<b>22.3</b>	17.3 27.3	294
Female	<b>22.5</b>	20.7 24.2	2,761	<b>20.7</b>	16.6 24.8	416	<b>24.2</b>	19.1 29.3	367	<b>23.8</b>	19.3 28.3	387
<b>AGE</b>												
18-24	<b>13.2</b>	9.0 17.3	486	<b>9.4</b>	1.7 17.0	56	<b>5.7</b>	1.3 10.1	88	<b>10.5</b>	3.2 17.7	64
25-34	<b>17.0</b>	14.3 19.7	859	<b>22.1</b>	12.7 31.5	97	<b>17.3</b>	9.9 24.7	112	<b>15.5</b>	9.4 21.6	144
35-44	<b>19.2</b>	16.4 21.9	1,004	<b>19.3</b>	12.8 25.8	156	<b>23.6</b>	15.2 32.0	132	<b>22.8</b>	14.8 30.8	124
45-54	<b>21.1</b>	18.0 24.2	868	<b>20.5</b>	12.9 28.1	134	<b>29.4</b>	20.2 38.6	126	<b>20.4</b>	12.8 28.0	122
55-64	<b>28.2</b>	23.1 33.3	620	<b>22.8</b>	14.0 31.6	93	<b>23.6</b>	14.4 32.8	83	<b>27.9</b>	17.3 38.5	80
65+	<b>28.5</b>	25.2 31.8	952	<b>25.8</b>	18.5 33.1	152	<b>34.0</b>	25.6 42.4	137	<b>37.1</b>	28.5 45.7	138
18-34	<b>15.4</b>	13.0 17.8	1,345	<b>17.1</b>	10.4 23.8	153	<b>11.6</b>	7.1 16.1	200	<b>13.4</b>	8.7 18.1	208
35-54	<b>20.1</b>	17.9 22.3	1,872	<b>20.0</b>	14.9 25.0	290	<b>26.5</b>	20.2 32.8	258	<b>21.6</b>	16.1 27.1	246
55+	<b>28.4</b>	25.4 31.3	1,572	<b>24.6</b>	18.9 30.3	245	<b>29.8</b>	23.5 36.1	220	<b>33.5</b>	26.8 40.2	218
<b>SEX and AGE</b>												
Male												
18-34	<b>13.3</b>	9.9 16.7	594	<b>17.1</b>	6.7 27.5	58	<b>10.4</b>	4.1 16.6	96	<b>13.4</b>	7.1 19.7	103
35-54	<b>19.2</b>	16.3 22.1	816	<b>23.3</b>	15.5 31.1	125	<b>29.5</b>	20.5 38.5	117	<b>18.3</b>	10.1 26.5	94
55+	<b>27.4</b>	22.5 32.3	645	<b>20.6</b>	12.0 29.2	89	<b>23.0</b>	14.8 31.2	102	<b>36.7</b>	26.3 47.1	96
Female												
18-34	<b>17.5</b>	14.2 20.8	751	<b>17.0</b>	9.0 25.0	95	<b>13.0</b>	6.5 19.5	104	<b>13.4</b>	6.5 20.3	105
35-54	<b>21.0</b>	18.1 23.9	1,056	<b>16.7</b>	10.4 23.0	165	<b>23.3</b>	14.5 32.1	141	<b>24.9</b>	17.5 32.3	152
55+	<b>29.2</b>	25.9 32.5	927	<b>28.0</b>	20.7 35.3	156	<b>35.7</b>	26.3 45.1	118	<b>30.9</b>	22.1 39.7	122
<b>INCOME</b>												
Less than \$15,000	<b>27.4</b>	23.1 31.7	611	<b>26.2</b>	16.0 36.4	83	<b>24.8</b>	15.9 33.7	111	<b>29.2</b>	19.4 39.0	97
\$15,000 - \$24,999	<b>24.8</b>	21.6 27.9	926	<b>27.3</b>	19.5 35.1	138	<b>25.7</b>	18.3 33.1	157	<b>29.0</b>	20.6 37.4	135
\$25,000 - \$34,999	<b>22.1</b>	18.7 25.5	757	<b>24.8</b>	15.8 33.7	110	<b>18.1</b>	9.5 26.7	92	<b>23.6</b>	15.4 31.8	122
\$35,000 - \$49,999	<b>20.7</b>	17.0 24.4	911	<b>16.6</b>	10.1 23.1	151	<b>23.0</b>	13.6 32.4	105	<b>20.2</b>	12.9 27.5	134
\$50,000+	<b>12.6</b>	10.4 14.7	1,147	<b>10.3</b>	4.4 16.1	133	<b>15.4</b>	9.1 21.7	145	<b>12.5</b>	6.8 18.2	132
<b>EMPLOYMENT</b>												
Employed	<b>18.0</b>	16.4 19.6	3,011	<b>17.2</b>	13.1 21.3	395	<b>18.5</b>	14.4 22.6	407	<b>18.2</b>	14.3 22.1	426
Unemployed	<b>30.1</b>	21.5 38.7	175	*	* *	*	*	* *	*	*	* *	*
Other**	<b>25.9</b>	23.0 28.8	1,636	<b>25.2</b>	19.7 30.7	262	<b>27.0</b>	20.7 33.3	245	<b>30.2</b>	23.8 36.6	227
<b>EDUCATION</b>												
K-11th Grade	<b>42.3</b>	37.0 47.6	467	<b>27.9</b>	16.3 39.4	64	*	* *	*	<b>41.8</b>	31.8 51.8	104
12th Grade or GED	<b>25.2</b>	22.7 27.7	1,558	<b>23.5</b>	17.8 29.2	255	<b>28.4</b>	22.1 34.7	226	<b>23.6</b>	17.9 29.3	242
Some College	<b>16.7</b>	14.5 18.9	1,508	<b>20.7</b>	14.8 26.5	209	<b>19.9</b>	14.2 25.6	218	<b>16.9</b>	11.4 22.4	195
College Graduate+	<b>13.4</b>	10.5 16.3	1,287	<b>13.6</b>	7.7 19.5	162	<b>10.9</b>	5.4 16.4	193	<b>14.1</b>	7.4 20.8	138

\*Figure not reliable by BRFSS standards (N<50)

\*\*Other includes students, homemakers, retirees, and persons unable to work

# Exercise

## Idaho adults who report no leisure time activity, 2001

	Health District															
	District 4				District 5				District 6			District 7				
	%	95% CI		N	%	95% CI		N	%	95% CI		N	%	95% CI		N
TOTAL	19.2	15.5	22.9	692	27.6	23.9	31.3	685	18.2	15.2	21.2	700	17.7	14.5	20.9	699
SEX																
Male	16.5	10.8	22.2	288	27.2	21.3	33.1	287	17.3	12.6	22.0	296	14.7	10.1	19.2	314
Female	21.8	17.3	26.3	404	28.0	23.1	32.8	398	19.2	15.3	23.1	404	20.7	16.1	25.3	385
AGE																
18-24	*	*	*	*	22.8	12.2	33.4	77	4.5	0.0	11.0	79	16.5	5.9	27.1	79
25-34	13.1	7.6	18.6	149	28.2	18.6	37.8	113	14.9	8.2	21.6	127	12.2	5.8	18.6	117
35-44	15.0	9.3	20.6	160	23.3	15.9	30.7	138	22.5	15.2	29.8	141	15.5	9.6	21.4	153
45-54	19.7	12.4	27.0	136	32.5	22.7	42.3	110	13.9	7.0	20.8	123	15.1	8.8	21.4	117
55-64	32.9	18.0	47.8	89	36.6	26.0	47.2	104	22.9	13.7	32.1	86	23.5	14.1	32.9	85
65+	24.8	15.9	33.6	104	23.5	15.9	31.1	140	29.1	21.2	37.0	139	28.3	20.3	36.3	142
18-34	14.7	8.8	20.6	192	26.2	18.9	33.4	190	10.7	6.0	15.4	206	14.3	8.0	20.6	196
35-54	17.1	12.6	21.6	296	27.8	21.5	34.0	248	18.3	13.2	23.4	264	15.3	11.0	19.6	270
55+	28.5	19.9	37.1	193	28.6	22.3	34.9	244	26.5	19.6	33.4	225	26.2	20.0	32.4	227
SEX and AGE																
Male																
18-34	10.6	2.1	19.0	77	21.0	10.8	31.1	85	11.0	3.6	18.4	88	12.6	4.0	21.2	87
35-54	13.4	7.7	19.1	137	31.1	21.5	40.7	110	15.9	8.3	23.5	105	13.3	7.3	19.3	128
55+	29.8	13.9	45.7	71	28.3	17.9	38.6	90	27.3	18.2	36.3	102	20.3	11.4	29.1	95
Female																
18-34	19.0	10.8	27.2	115	31.9	21.7	42.0	105	10.3	4.6	16.0	118	16.0	7.0	25.0	109
35-54	20.9	13.8	28.0	159	24.4	16.8	32.0	138	20.7	14.2	27.2	159	17.3	11.2	23.4	142
55+	27.4	18.8	36.0	122	28.9	21.2	36.6	154	25.9	17.9	33.9	123	31.3	22.7	39.9	132
INCOME																
Less than \$15,000	27.5	14.6	40.4	55	28.0	17.4	38.6	84	30.2	19.4	41.0	93	25.0	12.7	37.3	88
\$15,000 - \$24,999	21.3	12.9	29.7	104	30.8	22.6	39.0	151	16.3	9.8	22.8	134	21.3	13.1	29.5	107
\$25,000 - \$34,999	20.5	12.6	28.4	109	28.3	18.5	38.1	110	21.1	12.3	29.9	104	16.5	9.4	23.6	110
\$35,000 - \$49,999	21.9	10.1	33.7	119	31.2	22.6	39.8	139	15.4	9.1	21.7	139	15.6	8.9	22.3	124
\$50,000+	12.6	7.7	17.5	248	15.3	9.0	21.6	132	10.4	5.7	15.1	167	12.8	7.7	17.9	190
EMPLOYMENT																
Employed	15.4	11.9	18.9	477	27.9	23.2	32.6	450	15.5	11.8	19.2	426	16.0	12.1	19.9	430
Unemployed	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Other**	26.7	17.7	35.7	192	26.8	20.5	33.1	216	23.0	17.5	28.4	248	20.3	15.0	25.6	246
EDUCATION																
K-11th Grade	*	*	*	*	52.0	40.6	63.4	92	46.9	33.4	60.4	64	31.8	18.5	45.1	52
12th Grade or GED	23.5	16.4	30.5	172	33.3	26.4	40.2	226	19.8	14.1	25.5	218	26.9	19.8	34.0	219
Some College	15.7	10.8	20.6	216	20.3	14.3	26.3	203	15.6	10.9	20.3	245	10.1	6.2	14.0	222
College Graduate+	15.2	8.3	22.1	256	13.0	7.3	18.7	162	9.6	5.1	14.0	172	12.9	8.0	17.8	204

\*Figure not reliable by BRFSS standards (N<50)

\*\*Other includes students, homemakers, retirees, and persons unable to work

# High Blood Pressure

## Question: Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure?

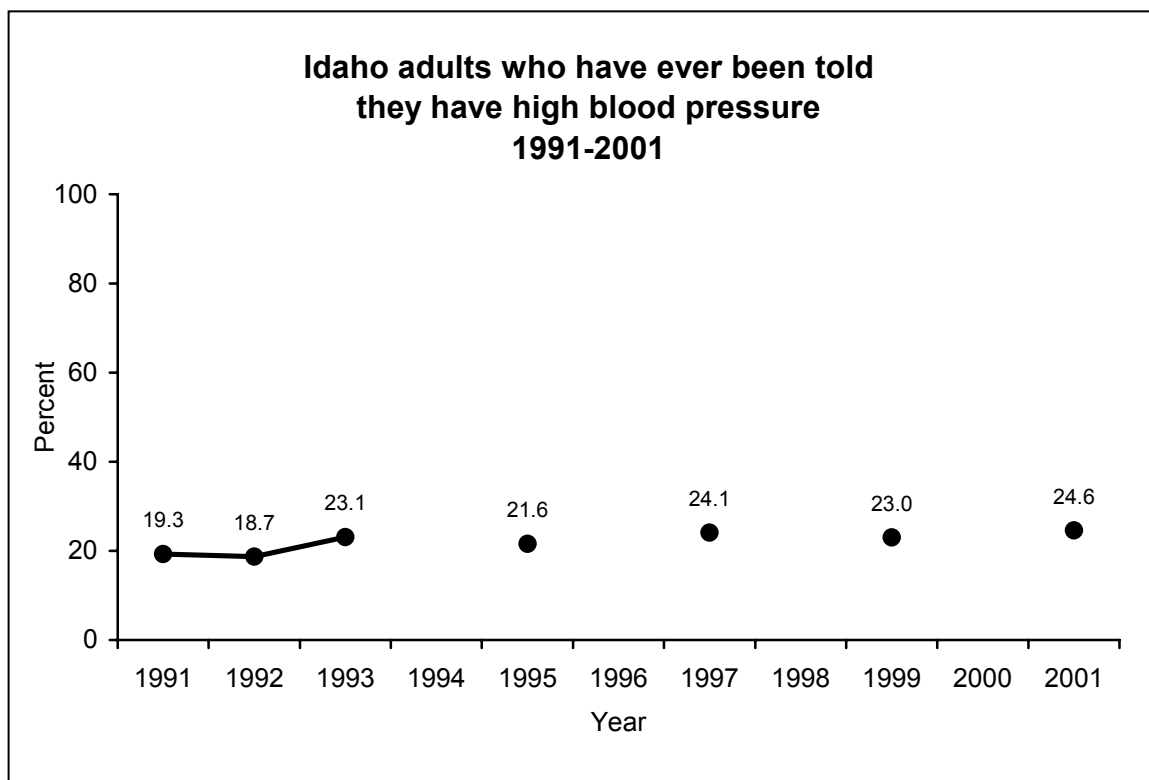
*Note: Prior to 2001, this question was only asked of those respondents answering positively that they had had their blood pressure taken by a doctor, nurse, or other health professional.*

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High blood pressure, or hypertension, is a risk factor for heart disease and stroke, two of the leading causes of death for adults. Adults with a blood pressure measurement greater than or equal to 140/90, or taking anti-hypertensive medication, are defined as having high blood pressure. The BRFSS defines it as “ever been told” by a health professional that the respondent has high blood pressure (Centers for Disease Control and Prevention, 2001).

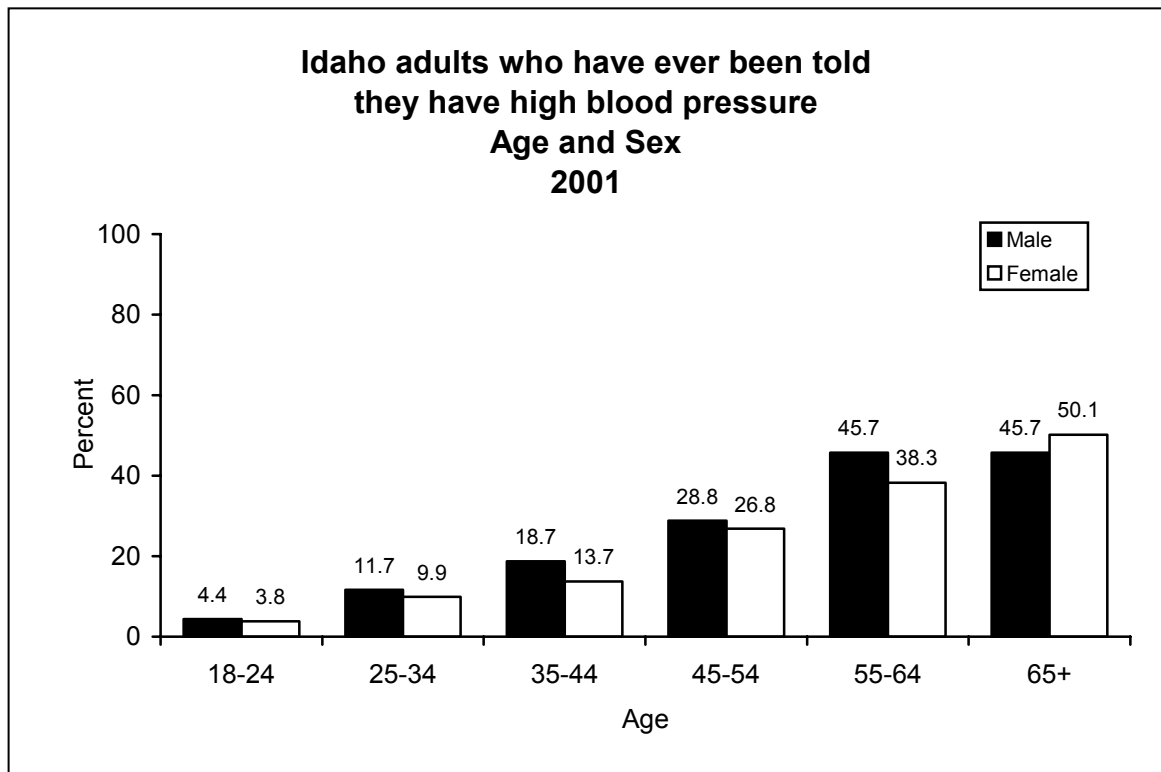
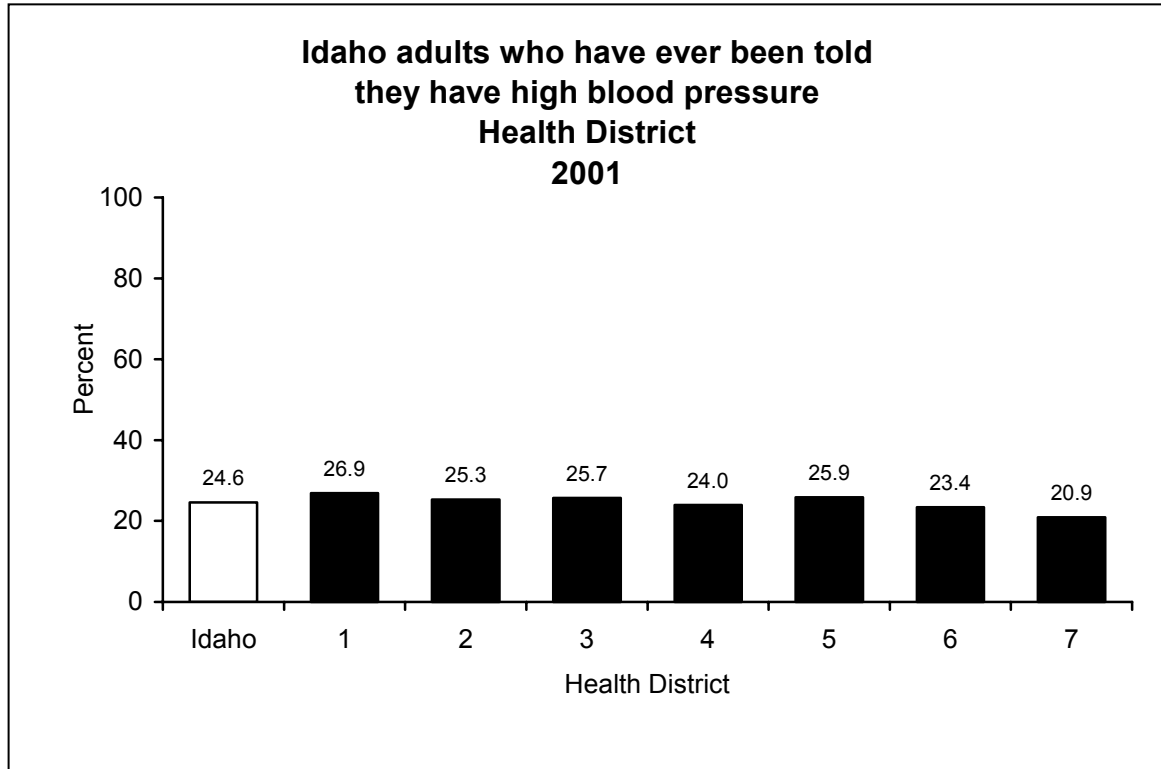
### Summary

- Over 1 in 5 (21.8 percent) of adults aged 35-54 and nearly half (45.6 percent) of adults aged 55 and older have been told they have high blood pressure.
- High blood pressure prevalence is higher in those with incomes less than \$15,000, those who are not employed, and those with a less than high school education.



Breaks in the trend line indicate that data are not available for those years.

# High Blood Pressure





# High Blood Pressure

Idaho adults who have ever been told they have high blood pressure, 2001

	State			Health District								
				District 1			District 2			District 3		
	%	95% CI	N	%	95% CI	N	%	95% CI	N	%	95% CI	N
<b>TOTAL</b>	<b>24.6</b>	23.0 26.2	4,823	<b>26.9</b>	23.4 30.4	690	<b>25.3</b>	21.6 29.0	682	<b>25.7</b>	22.2 29.2	680
<b>SEX</b>												
Male	<b>24.8</b>	22.4 27.2	2,066	<b>28.6</b>	22.9 34.3	274	<b>25.8</b>	20.5 31.1	316	<b>23.1</b>	18.0 28.1	293
Female	<b>24.4</b>	22.6 26.2	2,757	<b>25.4</b>	20.8 29.9	416	<b>24.8</b>	19.7 29.9	366	<b>28.2</b>	23.3 33.1	387
<b>AGE</b>												
18-24	<b>4.1</b>	2.3 5.9	485	<b>6.8</b>	0.5 13.1	56	<b>4.0</b>	0.0 8.3	88	<b>3.6</b>	0.0 8.7	64
25-34	<b>10.8</b>	8.4 13.2	858	<b>8.0</b>	1.5 14.5	97	<b>15.1</b>	6.9 23.3	112	<b>9.6</b>	4.5 14.7	143
35-44	<b>16.2</b>	13.5 18.9	1,003	<b>18.9</b>	12.2 25.6	156	<b>13.2</b>	7.3 19.1	132	<b>15.1</b>	7.8 22.4	124
45-54	<b>27.8</b>	24.3 31.3	866	<b>32.2</b>	23.8 40.6	134	<b>28.7</b>	19.9 37.5	125	<b>28.0</b>	19.6 36.4	122
55-64	<b>41.9</b>	36.6 47.2	620	<b>39.7</b>	28.7 50.7	93	<b>42.7</b>	30.8 54.7	83	<b>38.8</b>	27.2 50.4	80
65+	<b>48.2</b>	44.5 51.9	949	<b>47.8</b>	39.2 56.4	152	<b>50.2</b>	41.2 59.2	136	<b>53.5</b>	44.5 62.5	138
18-34	<b>8.0</b>	6.4 9.6	1,343	<b>7.5</b>	2.8 12.2	153	<b>9.7</b>	4.8 14.6	200	<b>7.1</b>	3.5 10.7	207
35-54	<b>21.8</b>	19.6 24.0	1,869	<b>25.8</b>	20.3 31.3	290	<b>20.8</b>	15.3 26.3	257	<b>21.5</b>	15.8 27.2	246
55+	<b>45.6</b>	42.5 48.7	1,569	<b>44.5</b>	37.6 51.4	245	<b>47.2</b>	39.9 54.5	219	<b>47.8</b>	40.5 55.1	218
<b>SEX and AGE</b>												
Male												
18-34	<b>8.6</b>	6.1 11.1	592	<b>8.8</b>	1.0 16.6	58	<b>12.6</b>	4.4 20.8	96	<b>9.9</b>	3.8 16.0	102
35-54	<b>23.6</b>	20.3 26.9	814	<b>31.6</b>	22.8 40.4	125	<b>23.8</b>	15.6 32.0	116	<b>17.6</b>	9.4 25.8	94
55+	<b>45.7</b>	40.6 50.8	645	<b>43.4</b>	32.4 54.4	89	<b>44.8</b>	34.6 55.0	102	<b>43.7</b>	33.1 54.3	96
Female												
18-34	<b>7.4</b>	5.2 9.5	751	<b>6.2</b>	1.3 11.1	95	<b>6.3</b>	1.8 10.8	104	<b>4.0</b>	0.5 7.5	105
35-54	<b>20.0</b>	17.3 22.7	1,055	<b>20.3</b>	13.6 26.9	165	<b>17.6</b>	10.5 24.7	141	<b>25.4</b>	17.8 33.0	152
55+	<b>45.5</b>	41.8 49.2	924	<b>45.5</b>	37.1 53.9	156	<b>49.3</b>	39.3 59.3	117	<b>51.2</b>	41.6 60.8	122
<b>INCOME</b>												
Less than \$15,000	<b>34.3</b>	29.7 38.8	608	<b>36.6</b>	25.2 48.0	83	<b>24.5</b>	14.5 34.5	109	<b>43.4</b>	32.2 54.6	97
\$15,000 - \$24,999	<b>25.7</b>	22.4 29.0	924	<b>28.7</b>	20.3 37.1	138	<b>24.5</b>	17.2 31.8	156	<b>25.2</b>	17.2 33.2	135
\$25,000 - \$34,999	<b>26.0</b>	22.4 29.6	756	<b>26.5</b>	17.5 35.5	110	<b>27.9</b>	17.9 37.9	92	<b>22.5</b>	14.7 30.3	122
\$35,000 - \$49,999	<b>21.9</b>	18.2 25.6	911	<b>21.6</b>	14.5 28.7	151	<b>21.2</b>	13.2 29.2	105	<b>21.5</b>	13.9 29.1	134
\$50,000+	<b>20.4</b>	17.7 23.1	1,148	<b>22.5</b>	14.8 30.1	133	<b>23.6</b>	16.3 30.8	146	<b>19.9</b>	12.5 27.3	132
<b>EMPLOYMENT</b>												
Employed	<b>18.3</b>	16.7 19.9	3,006	<b>20.0</b>	15.7 24.3	395	<b>21.0</b>	16.7 25.3	406	<b>16.6</b>	12.9 20.3	426
Unemployed	<b>24.5</b>	17.1 31.9	174	*	* *	*	*	* *	*	*	* *	*
Other**	<b>36.9</b>	33.8 40.0	1,634	<b>38.7</b>	32.2 45.1	262	<b>31.1</b>	24.2 38.0	244	<b>41.8</b>	34.7 48.9	226
<b>EDUCATION</b>												
K-11th Grade	<b>33.0</b>	28.1 37.9	466	<b>40.6</b>	27.5 53.7	64	*	* *	*	<b>33.8</b>	24.0 43.6	104
12th Grade or GED	<b>27.3</b>	24.8 29.8	1,554	<b>26.7</b>	20.8 32.6	255	<b>26.7</b>	20.6 32.8	226	<b>30.1</b>	23.7 36.5	241
Some College	<b>22.1</b>	19.7 24.5	1,504	<b>27.1</b>	20.6 33.6	209	<b>26.5</b>	19.6 33.4	216	<b>18.1</b>	12.4 23.8	195
College Graduate+	<b>21.4</b>	18.3 24.5	1,288	<b>21.4</b>	14.5 28.3	162	<b>20.4</b>	14.1 26.7	194	<b>20.7</b>	13.4 28.0	138

\*Figure not reliable by BRFSS standards (N<50)

\*\*Other includes students, homemakers, retirees, and persons unable to work

# High Blood Pressure

Idaho adults who have ever been told they have high blood pressure, 2001

	Health District															
	District 4				District 5				District 6				District 7			
	%	95% CI		N	%	95% CI		N	%	95% CI		N	%	95% CI		N
TOTAL	24.1	20.1	28.0	692	25.9	22.4	29.4	685	23.4	20.1	26.7	696	20.9	17.8	24.0	698
SEX																
Male	25.8	19.7	31.9	288	25.3	19.8	30.8	287	24.5	19.4	29.6	295	19.1	14.6	23.6	313
Female	22.4	18.1	26.7	404	26.5	21.6	31.4	398	22.3	18.0	26.6	401	22.6	18.1	27.1	385
AGE																
18-24	*	*	*	*	3.6	0.0	7.7	77	6.6	1.1	12.1	79	4.9	0.2	9.6	78
25-34	12.1	6.4	17.8	149	10.2	3.9	16.5	113	8.4	3.7	13.1	127	12.8	5.9	19.7	117
35-44	16.5	10.4	22.6	160	13.1	7.2	19.0	138	18.6	11.5	25.7	140	16.5	10.0	23.0	153
45-54	29.3	20.9	37.7	136	28.9	19.7	38.1	110	21.8	13.6	30.0	122	21.9	14.1	29.7	117
55-64	44.8	30.7	58.9	89	45.7	34.7	56.6	104	41.0	30.0	52.0	86	38.2	27.0	49.4	85
65+	45.6	35.2	56.0	103	50.5	41.5	59.5	140	48.9	40.0	57.8	138	40.5	31.9	49.1	142
18-34	7.9	4.0	11.8	192	7.7	3.6	11.8	190	7.7	4.1	11.2	206	8.9	4.8	13.0	195
35-54	22.2	17.1	27.3	296	20.8	15.3	26.3	248	20.1	14.6	25.6	262	19.1	14.0	24.2	270
55+	45.2	36.6	53.8	192	48.6	41.5	55.7	244	45.6	38.6	52.6	224	39.5	32.6	46.4	227
SEX and AGE																
Male																
18-34	7.0	1.3	12.7	77	10.5	3.4	17.6	85	8.2	2.7	13.7	88	5.9	1.0	10.8	86
35-54	23.3	15.7	30.9	137	23.6	15.0	32.2	110	24.8	16.0	33.6	104	20.2	12.7	27.7	128
55+	54.9	40.8	69.0	71	42.6	31.6	53.6	90	44.3	34.1	54.5	102	37.2	26.8	47.6	95
Female																
18-34	8.9	3.6	14.2	115	4.7	0.7	8.7	105	7.0	2.5	11.5	118	12.0	5.1	18.9	109
35-54	21.1	14.4	27.8	159	18.1	11.4	24.8	138	15.4	9.1	21.7	158	18.0	11.3	24.7	142
55+	37.3	28.1	46.5	121	53.7	44.9	62.5	154	46.7	37.1	56.3	122	41.5	32.5	50.5	132
INCOME																
Less than \$15,000	28.8	15.9	41.7	56	40.7	28.5	52.9	84	34.7	24.3	45.1	91	28.3	17.7	38.9	88
\$15,000 - \$24,999	25.9	16.5	35.3	103	32.7	24.5	40.9	151	16.8	10.5	23.1	134	23.0	14.4	31.6	107
\$25,000 - \$34,999	28.3	19.1	37.5	109	23.3	14.1	32.5	110	29.9	20.3	39.5	103	23.7	15.3	32.1	110
\$35,000 - \$49,999	25.3	13.5	37.1	119	15.5	9.4	21.6	139	26.5	18.5	34.5	139	18.8	11.5	26.1	124
\$50,000+	20.7	15.2	26.2	248	23.3	15.7	30.9	132	15.1	9.4	20.8	167	18.5	12.6	24.4	190
EMPLOYMENT																
Employed	18.3	14.6	22.0	477	19.8	15.7	23.9	450	16.2	12.5	19.9	423	17.2	13.5	20.9	429
Unemployed	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Other**	37.8	28.6	47.0	193	40.6	33.3	47.9	216	36.5	30.2	42.8	247	27.5	21.4	33.6	246
EDUCATION																
K-11th Grade	*	*	*	*	36.7	25.7	47.7	92	27.9	16.3	39.5	64	32.3	18.0	46.6	52
12th Grade or GED	30.5	23.1	37.9	172	24.9	18.6	31.2	226	26.7	20.4	33.0	216	21.6	15.9	27.3	218
Some College	21.3	15.4	27.1	216	22.1	16.0	28.2	203	24.2	18.3	30.1	243	17.3	12.0	22.6	222
College Graduate+	21.8	14.5	29.1	256	25.7	18.4	32.9	162	16.6	10.9	22.3	172	21.7	15.6	27.8	204

\*Figure not reliable by BRFSS standards (N<50)

\*\*Other includes students, homemakers, retirees, and persons unable to work

# High Cholesterol Screening

## **Question:** About how long has it been since you last had your blood cholesterol checked?

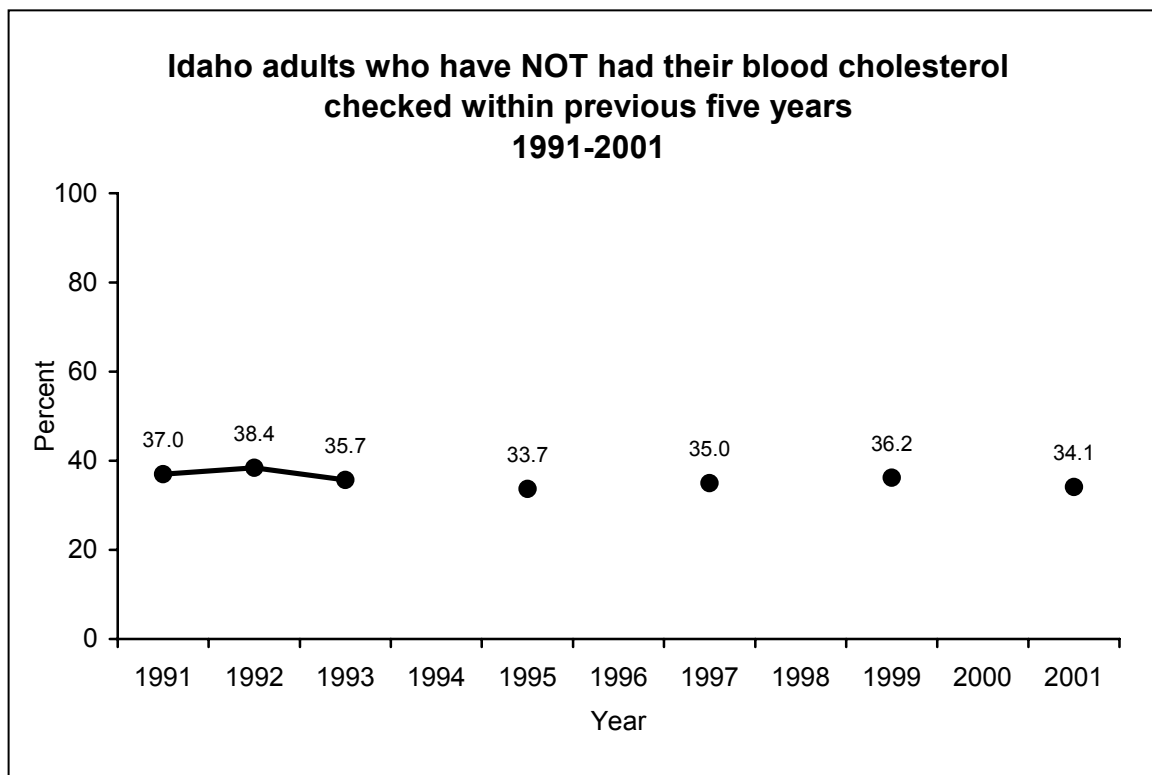
Appendix A, p. 77

Getting one's blood cholesterol and blood pressure measurements should be part of an overall plan of medical care.

The American Heart Association urges all Americans to have their physicians determine their total and HDL blood cholesterol levels. This is very important for those people with a family history of heart disease, high blood pressure, or stroke (American Heart Association, 2002).

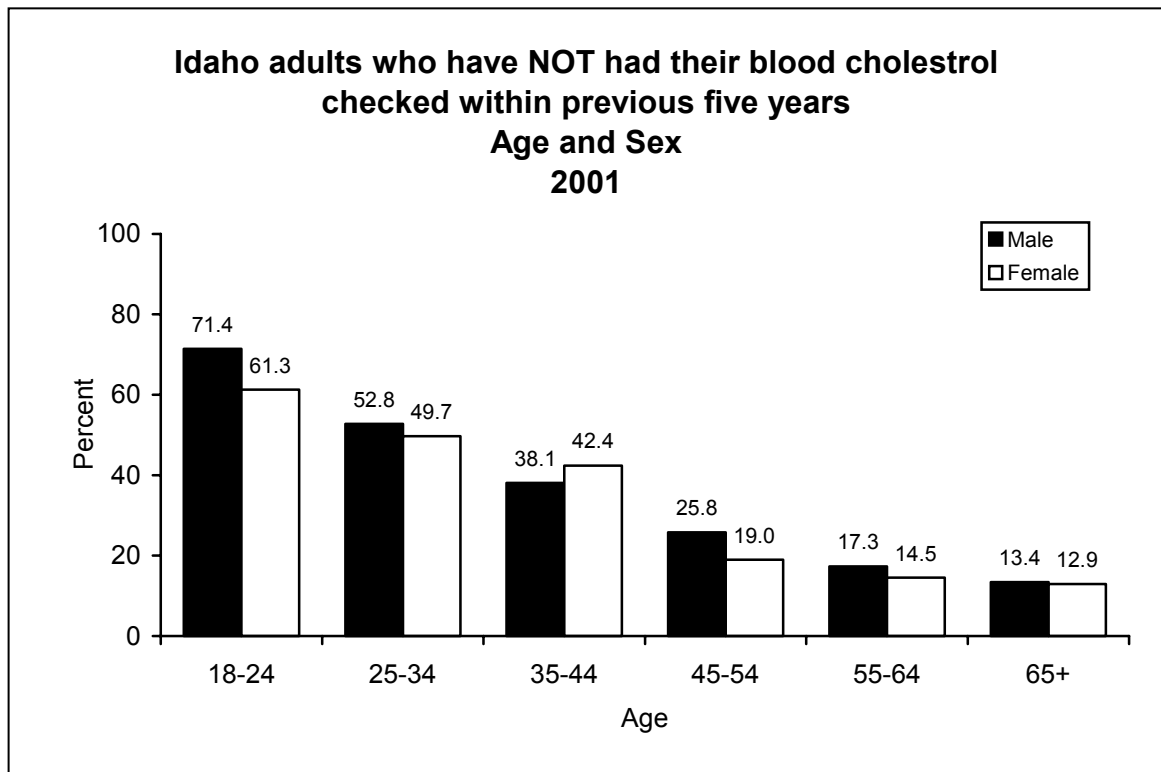
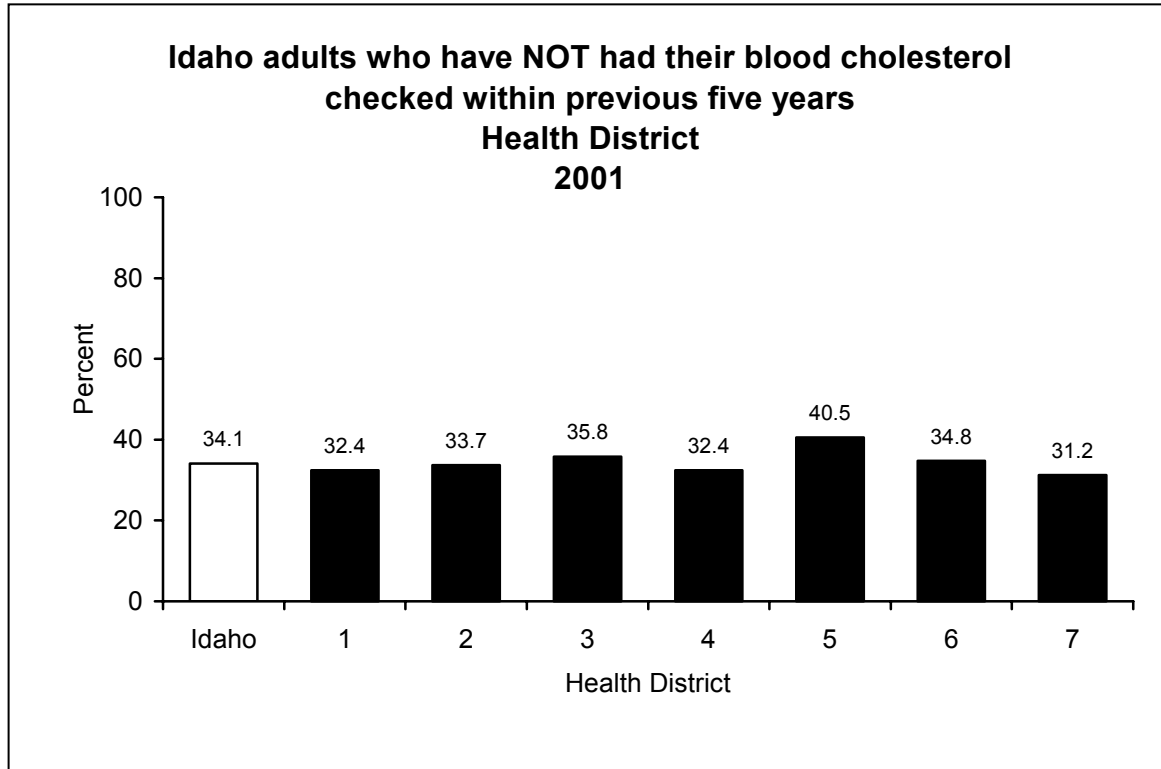
### **Summary**

- The prevalence of Idaho adults who receive cholesterol screening increases with age.
- Those who are overweight are less likely to not have their cholesterol checked (29.9 percent) compared with those who are not overweight (40.0 percent).



Breaks in the trend line indicate that data are not available for those years.

# High Cholesterol Screening



# High Cholesterol Screening

Idaho adults who have NOT had their blood cholesterol checked  
within previous five years, 2001

	State				Health District											
					District 1				District 2				District 3			
	%	95% CI		N	%	95% CI		N	%	95% CI		N	%	95% CI		N
<b>TOTAL</b>	<b>34.1</b>	32.3	35.9	4,674	<b>32.4</b>	28.5	36.3	662	<b>33.7</b>	29.6	37.8	667	<b>35.8</b>	31.7	39.9	660
<b>SEX</b>																
Male	<b>36.4</b>	33.9	38.9	2,013	<b>34.8</b>	28.5	41.1	264	<b>37.4</b>	31.5	43.3	309	<b>39.9</b>	33.8	46.0	289
Female	<b>31.9</b>	29.7	34.1	2,661	<b>30.1</b>	25.2	35.0	398	<b>30.0</b>	24.5	35.5	358	<b>31.7</b>	26.4	37.0	371
<b>AGE</b>																
18-24	<b>66.8</b>	61.1	72.5	445	*	*	*	*	<b>73.9</b>	61.0	86.8	85	<b>58.1</b>	43.4	72.8	61
25-34	<b>51.3</b>	47.4	55.2	824	<b>57.1</b>	45.6	68.6	91	<b>51.5</b>	41.1	61.9	109	<b>54.1</b>	45.5	62.7	141
35-44	<b>40.3</b>	36.7	43.8	982	<b>42.2</b>	34.0	50.4	153	<b>28.3</b>	20.1	36.5	130	<b>49.9</b>	39.9	59.9	120
45-54	<b>22.4</b>	19.3	25.5	860	<b>23.5</b>	15.8	31.1	132	<b>19.1</b>	11.7	26.5	124	<b>25.7</b>	17.1	34.3	122
55-64	<b>15.9</b>	12.4	19.4	616	<b>14.4</b>	7.1	21.7	93	<b>15.3</b>	7.1	23.5	83	<b>16.3</b>	7.3	25.3	79
65+	<b>13.1</b>	10.7	15.6	906	<b>10.5</b>	5.4	15.6	145	<b>15.6</b>	8.9	22.3	130	<b>13.4</b>	7.5	19.3	129
18-34	<b>57.6</b>	54.3	60.9	1,269	<b>59.8</b>	50.6	69.0	137	<b>62.3</b>	53.9	70.7	194	<b>55.7</b>	47.9	63.5	202
35-54	<b>31.6</b>	29.1	34.1	1,842	<b>32.5</b>	26.6	38.4	285	<b>23.8</b>	18.1	29.5	254	<b>37.7</b>	30.9	44.5	242
55+	<b>14.3</b>	12.3	16.3	1,522	<b>12.1</b>	7.8	16.4	238	<b>15.5</b>	10.4	20.6	213	<b>14.6</b>	9.5	19.6	208
<b>SEX and AGE</b>																
Male																
18-34	<b>60.6</b>	55.7	65.5	568	<b>65.8</b>	52.3	79.3	52	<b>64.0</b>	53.4	74.6	94	<b>57.2</b>	46.4	68.0	102
35-54	<b>32.1</b>	28.3	35.8	802	<b>34.4</b>	25.6	43.2	124	<b>28.8</b>	20.1	37.5	114	<b>44.8</b>	34.0	55.6	93
55+	<b>15.2</b>	11.9	18.5	628	<b>9.1</b>	3.2	15.0	86	<b>17.3</b>	9.1	25.5	99	<b>15.1</b>	7.5	22.7	93
Female																
18-34	<b>54.3</b>	49.8	58.8	701	<b>53.0</b>	41.2	64.8	85	<b>60.4</b>	47.7	73.1	100	<b>54.1</b>	42.2	66.0	100
35-54	<b>31.2</b>	27.9	34.5	1,040	<b>30.6</b>	23.2	38.0	161	<b>18.8</b>	11.9	25.7	140	<b>30.5</b>	22.7	38.3	149
55+	<b>13.5</b>	11.0	16.0	894	<b>14.7</b>	8.8	20.6	152	<b>13.9</b>	7.4	20.4	114	<b>14.0</b>	7.3	20.7	115
<b>INCOME</b>																
Less than \$15,000	<b>39.0</b>	33.7	44.3	575	<b>34.1</b>	22.1	46.1	78	<b>49.7</b>	37.7	61.7	106	<b>31.6</b>	19.8	43.4	91
\$15,000 - \$24,999	<b>39.9</b>	35.9	43.8	897	<b>34.7</b>	25.5	43.9	130	<b>38.2</b>	29.2	47.2	150	<b>37.2</b>	28.0	46.4	133
\$25,000 - \$34,999	<b>38.1</b>	33.8	42.4	738	<b>40.9</b>	30.5	51.3	106	<b>30.4</b>	19.0	41.8	92	<b>43.8</b>	34.2	53.4	120
\$35,000 - \$49,999	<b>33.7</b>	30.0	37.4	892	<b>28.6</b>	20.8	36.4	147	<b>35.3</b>	25.5	45.1	105	<b>43.1</b>	33.8	52.4	129
\$50,000+	<b>26.1</b>	23.0	29.2	1,131	<b>26.6</b>	18.2	35.0	132	<b>23.8</b>	16.4	31.2	145	<b>25.3</b>	17.3	33.3	128
<b>EMPLOYMENT</b>																
Employed	<b>38.2</b>	36.0	40.4	2,931	<b>39.3</b>	33.8	44.8	381	<b>35.7</b>	30.6	40.8	400	<b>41.6</b>	36.5	46.7	417
Unemployed	<b>46.2</b>	36.8	55.6	164	*	*	*	*	*	*	*	*	*	*	*	*
Other**	<b>24.6</b>	21.9	27.3	1,571	<b>18.5</b>	13.4	23.6	251	<b>31.1</b>	23.8	38.5	238	<b>23.0</b>	16.5	29.5	216
<b>EDUCATION</b>																
K-11th Grade	<b>43.8</b>	38.3	49.3	444	<b>36.4</b>	23.3	49.5	60	*	*	*	*	<b>40.7</b>	30.5	50.9	100
12th Grade or GED	<b>38.0</b>	35.1	40.9	1,504	<b>33.2</b>	26.5	39.9	246	<b>33.8</b>	26.5	41.1	217	<b>37.5</b>	30.6	44.4	238
Some College	<b>32.0</b>	29.1	34.9	1,457	<b>35.5</b>	28.1	42.9	198	<b>35.2</b>	27.8	42.6	213	<b>29.0</b>	21.4	36.6	187
College Graduate+	<b>28.7</b>	25.4	32.0	1,260	<b>25.4</b>	18.3	32.5	158	<b>32.4</b>	25.0	39.8	192	<b>37.8</b>	29.0	46.6	133

\*Figure not reliable by BRFSS standards (N<50)

\*\*Other includes students, homemakers, retirees, and persons unable to work

# High Cholesterol Screening

Idaho adults who have NOT had their blood cholesterol checked  
within previous five years, 2001

	Health District															
	District 4				District 5				District 6				District 7			
	%	95% CI		N	%	95% CI		N	%	95% CI		N	%	95% CI		N
TOTAL	32.4	28.1	36.7	678	40.5	36.3	44.6	666	34.8	30.9	38.7	676	31.2	27.1	35.3	665
SEX																
Male	33.8	27.1	40.5	285	42.3	36.0	48.6	280	37.5	31.4	43.6	286	31.9	25.5	38.3	300
Female	30.9	25.6	36.2	393	38.6	33.3	43.9	386	32.2	27.3	37.1	390	30.4	24.9	35.9	365
AGE																
18-24	*	*	*	*	70.3	59.1	81.5	73	60.0	47.8	72.2	76	59.0	44.9	73.1	68
25-34	44.1	35.1	53.1	145	65.0	55.2	74.8	107	49.0	39.8	58.2	122	46.7	35.5	57.9	109
35-44	37.7	29.7	45.7	157	45.4	36.4	54.4	137	42.0	33.2	50.8	138	34.2	26.0	42.4	147
45-54	18.3	11.0	25.6	136	37.0	27.0	47.0	109	21.5	13.7	29.3	122	13.9	7.4	20.4	115
55-64	13.6	5.0	22.2	89	20.1	11.1	29.1	102	16.6	8.0	25.2	86	17.9	9.5	26.3	84
65+	11.3	5.2	17.4	103	13.8	7.1	20.5	135	19.6	12.2	27.0	128	11.2	5.3	17.1	136
18-34	56.4	47.9	64.9	181	67.0	59.6	74.4	180	53.5	46.2	60.8	198	52.4	43.5	61.2	177
35-54	29.0	23.3	34.7	293	41.3	34.6	48.0	246	32.0	25.9	38.1	260	24.4	18.9	29.9	262
55+	12.3	7.2	17.4	192	16.3	10.9	21.6	237	18.3	12.7	23.9	214	14.2	9.3	19.1	220
SEX and AGE																
Male																
18-34	56.8	43.8	69.8	75	68.4	57.8	79.0	81	61.4	50.4	72.4	84	57.3	44.6	70.0	80
35-54	30.3	22.1	38.5	136	36.3	26.5	46.1	108	27.9	18.9	36.9	103	19.5	12.4	26.6	124
55+	10.7	1.8	19.5	71	24.8	15.2	34.4	89	22.3	13.3	31.3	98	13.6	6.3	20.9	92
Female																
18-34	55.9	45.3	66.5	106	65.4	55.2	75.6	99	45.3	36.3	54.3	114	46.9	35.1	58.7	97
35-54	27.5	19.9	35.1	157	46.3	37.5	55.1	138	36.1	28.1	44.1	157	29.2	21.0	37.4	138
55+	13.7	7.6	19.8	121	8.9	3.4	14.4	148	14.9	8.0	21.8	116	14.8	7.9	21.7	128
INCOME																
Less than \$15,000	40.5	23.6	57.3	55	39.5	27.2	51.8	80	46.8	35.0	58.6	86	35.5	21.4	49.6	79
\$15,000 - \$24,999	39.1	28.0	50.1	100	43.4	34.6	52.2	149	49.4	39.8	59.0	131	38.3	27.7	48.9	104
\$25,000 - \$34,999	30.1	19.3	40.9	107	44.1	33.8	54.4	109	35.5	25.5	45.5	101	45.3	34.3	56.2	103
\$35,000 - \$49,999	27.8	18.0	37.6	116	45.4	36.2	54.6	135	33.0	24.6	41.4	138	27.5	19.0	36.0	122
\$50,000+	30.0	23.4	36.6	246	31.6	23.0	40.2	130	17.4	11.5	23.3	165	19.0	12.9	25.1	185
EMPLOYMENT																
Employed	36.4	31.3	41.5	466	45.5	40.4	50.6	438	36.2	31.3	41.1	417	32.5	27.2	37.8	412
Unemployed	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Other**	20.8	13.0	28.6	191	27.1	20.4	33.8	209	31.1	24.6	37.6	234	29.3	22.0	36.5	232
EDUCATION																
K-11th Grade	*	*	*	*	60.3	49.5	71.1	90	40.0	26.5	53.5	60	*	*	*	*
12th Grade or GED	40.6	31.7	49.4	169	41.1	34.0	48.2	220	42.1	34.8	49.4	209	36.5	29.1	43.9	205
Some College	27.8	20.4	35.2	212	38.4	30.9	45.8	197	31.1	24.7	37.5	239	34.2	26.8	41.6	211
College Graduate+	28.4	21.3	35.5	253	30.6	22.6	38.6	158	28.7	21.2	36.2	167	21.1	13.6	28.6	199

\*Figure not reliable by BRFSS standards (N<50)

\*\*Other includes students, homemakers, retirees, and persons unable to work

# High Cholesterol

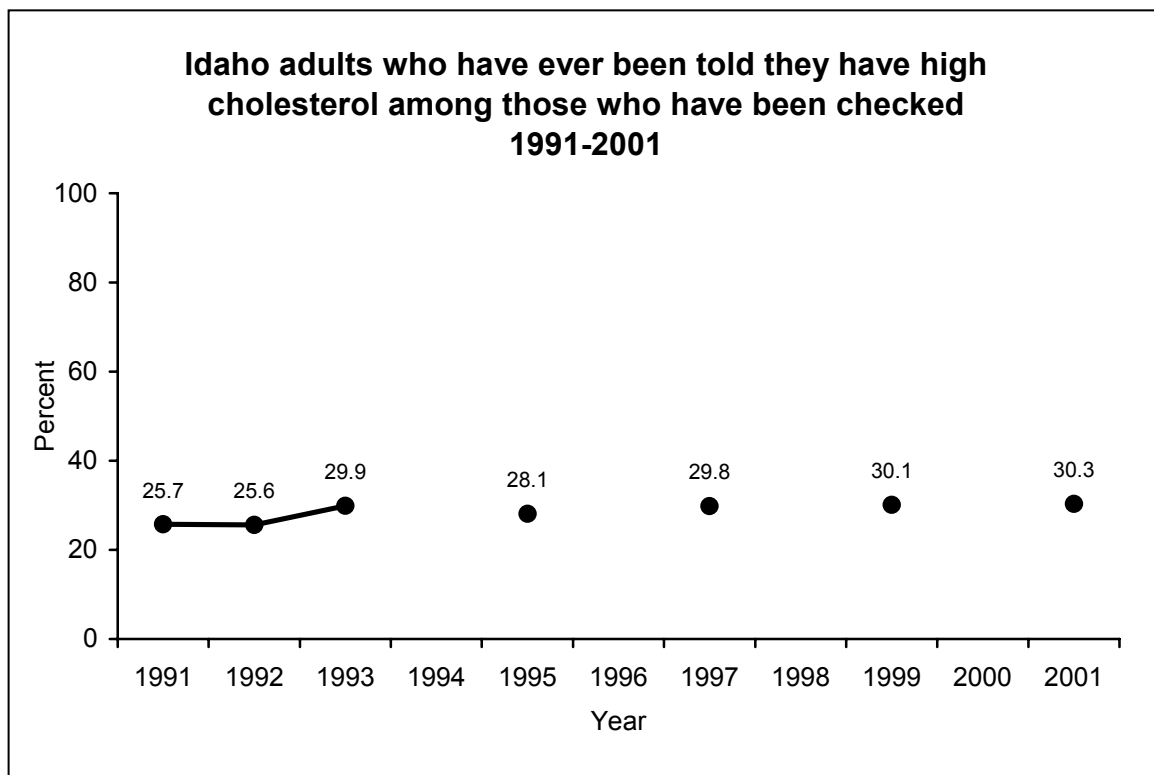
## **Question: Have you ever been told by a doctor, nurse, or other health professional that your blood cholesterol is high?**

Appendix A, p. 77

The level of total cholesterol in a person's blood is a risk factor for heart disease and stroke. Blood cholesterol is influenced by factors such as dietary habits, physical activity, weight, heredity, age and sex, alcohol use, and stress. Adults with a blood cholesterol measurement greater than or equal to 240 mg/dL are defined as having high cholesterol. The BRFSS definition for the at-risk population are those adults who have been screened and report being told by a doctor, nurse, or other health professional that they have high blood cholesterol (Centers for Disease Control and Prevention, 2001).

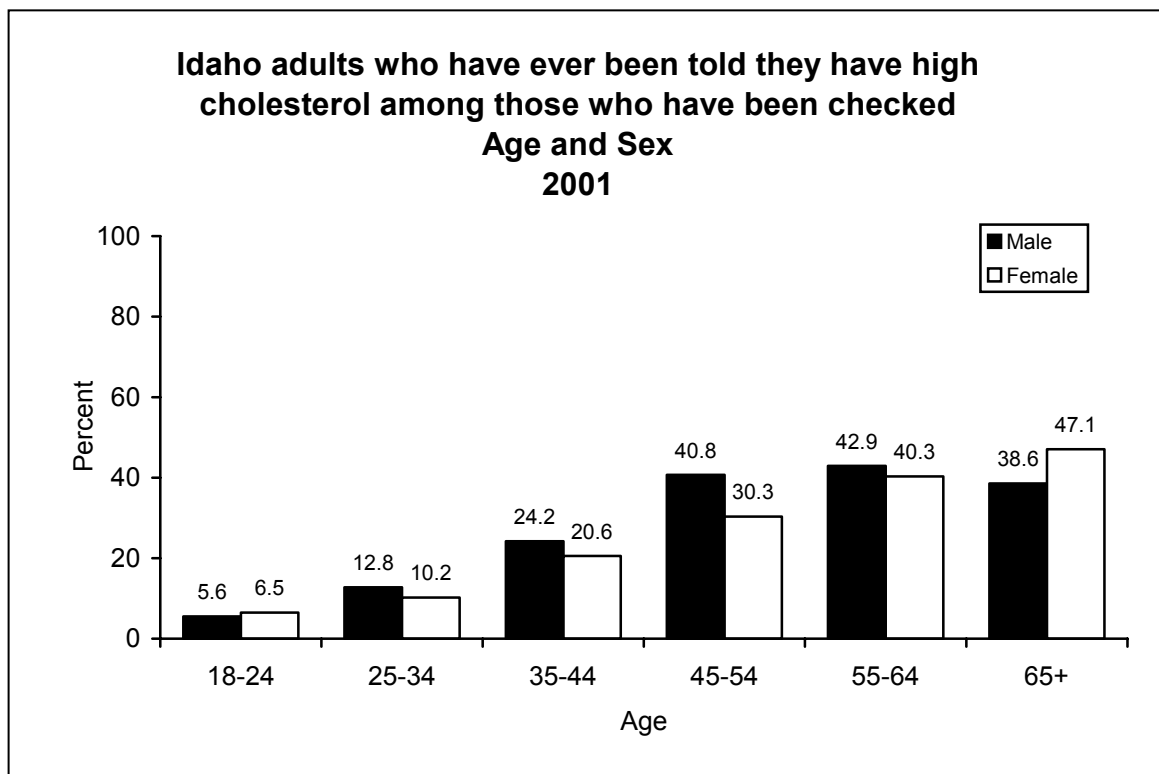
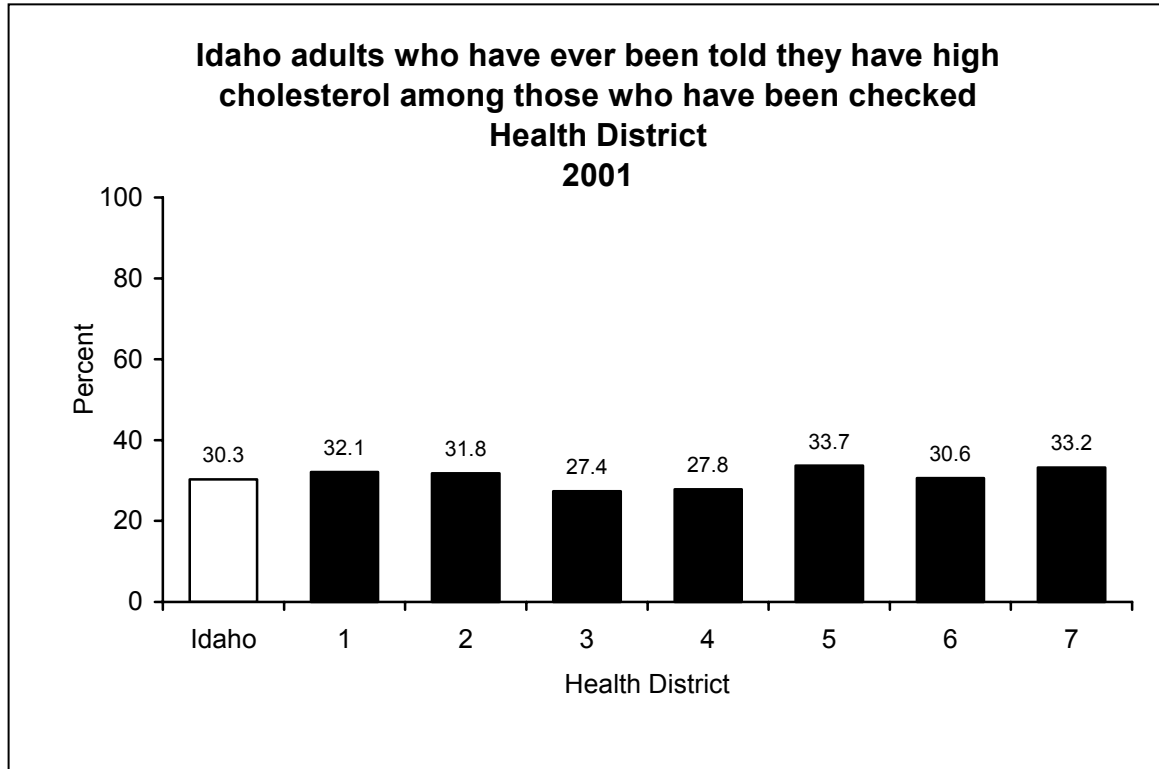
### **Summary**

- Adults aged 55 and older are four times more likely to have high cholesterol than those 18-34 and nearly twice as likely than adults aged 35-54, among those who have been screened.
- The prevalence of high cholesterol is higher in males in younger age categories and higher for females in older age categories.



Breaks in the trend line indicate that data are not available for those years.

# High Cholesterol





# High Cholesterol

Idaho adults who have ever been told they have high cholesterol  
among those who have ever been checked, 2001

	State				Health District											
					District 1				District 2				District 3			
	%	95% CI		N	%	95% CI		N	%	95% CI		N	%	95% CI		N
TOTAL	30.3	28.5	32.1	3,486	32.1	27.6	36.6	495	31.8	27.5	36.1	500	27.4	22.9	31.9	472
SEX																
Male	31.1	28.3	33.8	1,455	34.6	27.3	41.9	189	32.0	25.4	38.5	219	25.3	18.4	32.2	195
Female	29.6	27.2	32.0	2,031	29.9	24.4	35.4	306	31.6	25.8	37.4	281	29.3	23.5	35.1	277
AGE																
18-24	6.1	1.0	11.2	162	*	*	*	*	*	*	*	*	*	*	*	*
25-34	11.5	8.0	15.0	480	*	*	*	*	17.4	7.6	27.2	67	15.0	3.6	26.4	77
35-44	22.4	18.9	25.9	687	19.0	11.4	26.6	100	26.0	16.8	35.2	102	15.7	6.9	24.5	74
45-54	35.4	31.3	39.5	729	30.1	20.7	39.5	111	37.3	27.2	47.4	105	34.0	24.0	44.0	101
55-64	41.6	36.5	46.7	562	45.4	33.8	57.0	84	35.0	23.6	46.4	77	40.0	27.6	52.3	70
65+	43.5	39.5	47.4	830	50.8	41.6	60.0	134	47.0	37.6	56.4	122	35.6	26.4	44.8	118
18-34	9.8	6.9	12.7	642	4.8	0.3	9.3	64	12.1	5.0	19.2	89	10.6	2.6	18.6	103
35-54	29.3	26.6	32.0	1,416	25.4	18.9	31.9	211	31.7	24.8	38.6	207	26.4	19.3	33.5	175
55+	42.7	39.5	45.8	1,392	48.6	41.3	55.8	218	42.0	34.7	49.3	199	37.3	29.9	44.7	188
SEX and AGE																
Male																
18-34	10.7	5.6	15.8	260	*	*	*	*	*	*	*	*	11.7	0.0	24.8	50
35-54	32.9	28.6	37.2	615	28.4	18.0	38.8	87	35.5	24.7	46.2	87	22.4	11.0	33.8	63
55+	40.6	35.6	45.6	567	52.7	41.1	64.3	80	40.1	29.7	50.5	93	35.9	24.7	47.1	82
Female																
18-34	9.1	6.1	12.0	382	*	*	*	*	13.6	4.3	22.8	52	9.3	1.7	16.9	53
35-54	25.8	22.3	29.3	801	22.8	15.0	30.6	124	28.4	19.7	37.0	120	29.9	21.1	38.7	112
55+	44.4	40.5	48.3	825	44.9	36.1	53.7	138	43.7	33.3	54.1	106	38.4	28.4	48.4	106
INCOME																
Less than \$15,000	36.6	30.9	42.2	398	36.5	23.0	50.0	57	29.2	16.7	41.7	66	38.4	25.1	51.7	69
\$15,000 - \$24,999	29.0	24.9	33.1	617	38.4	27.3	49.5	94	32.5	22.5	42.5	106	25.6	15.6	35.6	87
\$25,000 - \$34,999	27.7	23.4	32.0	512	22.3	12.6	31.9	72	32.8	21.4	44.2	74	27.6	17.2	38.0	79
\$35,000 - \$49,999	30.6	26.3	34.9	659	32.7	23.3	42.1	113	32.2	21.0	43.4	76	26.6	15.6	37.6	84
\$50,000+	28.4	25.0	31.7	961	24.8	15.8	33.8	106	30.3	21.9	38.7	125	24.1	15.7	32.5	107
EMPLOYMENT																
Employed	25.5	23.3	27.7	2,093	23.0	17.5	28.5	265	29.0	23.5	34.5	291	21.7	16.2	27.2	273
Unemployed	28.8	18.0	39.6	102	*	*	*	*	*	*	*	*	*	*	*	*
Other**	38.7	35.6	41.8	1,285	44.4	37.1	51.7	212	35.9	28.6	43.2	189	35.9	28.3	43.5	183
EDUCATION																
K-11th Grade	34.0	27.7	40.3	289	*	*	*	*	*	*	*	*	25.1	13.7	36.5	63
12th Grade or GED	31.5	28.3	34.7	1,053	29.9	22.6	37.2	177	36.2	27.9	44.5	158	29.9	22.3	37.5	161
Some College	30.2	27.1	33.3	1,115	30.0	22.0	38.0	146	29.7	22.1	37.3	157	28.8	20.5	37.1	151
College Graduate+	28.3	25.1	31.5	1,022	31.8	22.8	40.8	130	29.0	21.3	36.6	150	23.0	13.8	32.2	95

\*Figure not reliable by BRFSS standards (N<50)

\*\*Other includes students, homemakers, retirees, and persons unable to work

# High Cholesterol

Idaho adults who have ever been told they have high cholesterol  
among those who have ever been checked, 2001

	Health District															
	District 4				District 5				District 6				District 7			
	%	95% CI		N	%	95% CI		N	%	95% CI		N	%	95% CI		N
TOTAL	27.8	23.7	31.9	533	33.7	29.0	38.4	471	30.7	26.3	35.0	501	33.2	28.7	37.7	514
SEX																
Male	29.5	22.8	36.2	223	30.7	23.6	37.8	192	33.5	26.6	40.3	209	35.1	28.4	41.8	228
Female	26.2	20.9	31.5	310	36.6	30.3	42.9	279	28.1	22.6	33.6	292	31.4	25.4	37.4	286
AGE																
18-24	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
25-34	12.6	5.0	20.2	91	12.7	2.4	23.0	59	2.3	0.0	5.8	72	12.8	4.8	20.8	66
35-44	18.5	11.2	25.8	119	30.6	19.2	42.0	86	24.1	14.7	33.5	95	32.0	23.0	41.0	111
45-54	38.7	29.3	48.1	125	36.1	24.9	47.3	80	39.2	28.8	49.6	103	30.6	21.0	40.2	104
55-64	40.9	27.8	54.0	83	35.5	24.9	46.1	92	42.4	31.0	53.7	80	50.8	38.2	63.3	76
65+	33.8	23.4	44.2	91	48.8	39.2	58.3	125	49.3	39.5	59.1	114	51.0	41.8	60.2	126
18-34	12.1	4.7	19.5	104	11.2	3.2	19.2	85	3.4	0.0	7.3	106	11.6	4.5	18.7	91
35-54	28.6	22.3	34.9	244	33.4	25.4	41.4	166	32.1	25.0	39.1	198	31.2	24.5	37.9	215
55+	37.1	28.9	45.3	174	43.7	36.4	51.0	217	46.2	38.8	53.6	194	50.9	43.3	58.5	202
SEX and AGE																
Male																
18-34	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
35-54	34.9	25.3	44.5	111	33.8	22.2	45.3	79	36.9	25.7	48.1	81	36.5	26.9	46.1	107
55+	30.4	18.1	42.7	67	35.2	23.6	46.8	73	46.5	35.5	57.5	88	54.0	42.1	65.9	84
Female																
18-34	6.8	1.1	12.5	62	*	*	*	*	4.0	0.0	9.5	66	16.1	5.3	26.9	58
35-54	22.3	14.9	29.7	133	33.1	22.3	43.8	87	26.8	18.2	35.4	117	25.5	16.3	34.7	108
55+	42.9	32.7	53.1	107	49.8	40.8	58.8	144	46.0	35.8	56.2	106	48.2	38.4	58.0	118
INCOME																
Less than \$15,000	*	*	*	*	38.1	23.8	52.4	56	36.5	22.8	50.2	56	40.1	24.2	56.0	57
\$15,000 - \$24,999	22.0	11.4	32.6	71	30.3	20.5	40.1	100	26.7	16.7	36.7	83	31.3	20.3	42.3	76
\$25,000 - \$34,999	22.0	12.5	31.4	82	37.3	24.8	49.8	69	26.4	15.6	37.2	71	38.0	25.1	50.9	65
\$35,000 - \$49,999	31.7	20.6	42.8	92	28.1	18.3	37.9	94	34.0	24.0	44.0	103	27.8	18.4	37.2	97
\$50,000+	25.6	19.2	32.0	211	35.7	25.4	46.0	104	30.8	22.8	38.8	145	35.1	27.2	43.0	163
EMPLOYMENT																
Employed	24.1	19.2	29.0	360	27.9	22.2	33.6	294	27.3	21.8	32.8	300	29.5	24.0	35.0	310
Unemployed	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Other**	35.3	27.5	43.1	159	43.5	35.3	51.7	168	36.4	29.1	43.7	185	42.3	34.7	49.9	189
EDUCATION																
K-11th Grade	*	*	*	*	37.9	22.8	53.0	50	*	*	*	*	*	*	*	*
12th Grade or GED	29.9	20.9	38.9	124	34.8	26.2	43.4	147	31.9	23.5	40.3	141	31.7	23.5	39.9	145
Some College	30.2	22.9	37.5	174	30.5	22.3	38.7	141	35.0	27.6	42.4	186	27.0	19.5	34.4	160
College Graduate+	24.7	18.4	31.0	210	33.7	24.9	42.5	131	23.9	16.3	31.5	134	37.7	29.9	45.5	172

\*Figure not reliable by BRFSS standards (N<50)

\*\*Other includes students, homemakers, retirees, and persons unable to work

# Asthma

## Question: Have you ever been told by a doctor, nurse, or other health professional that you had asthma?

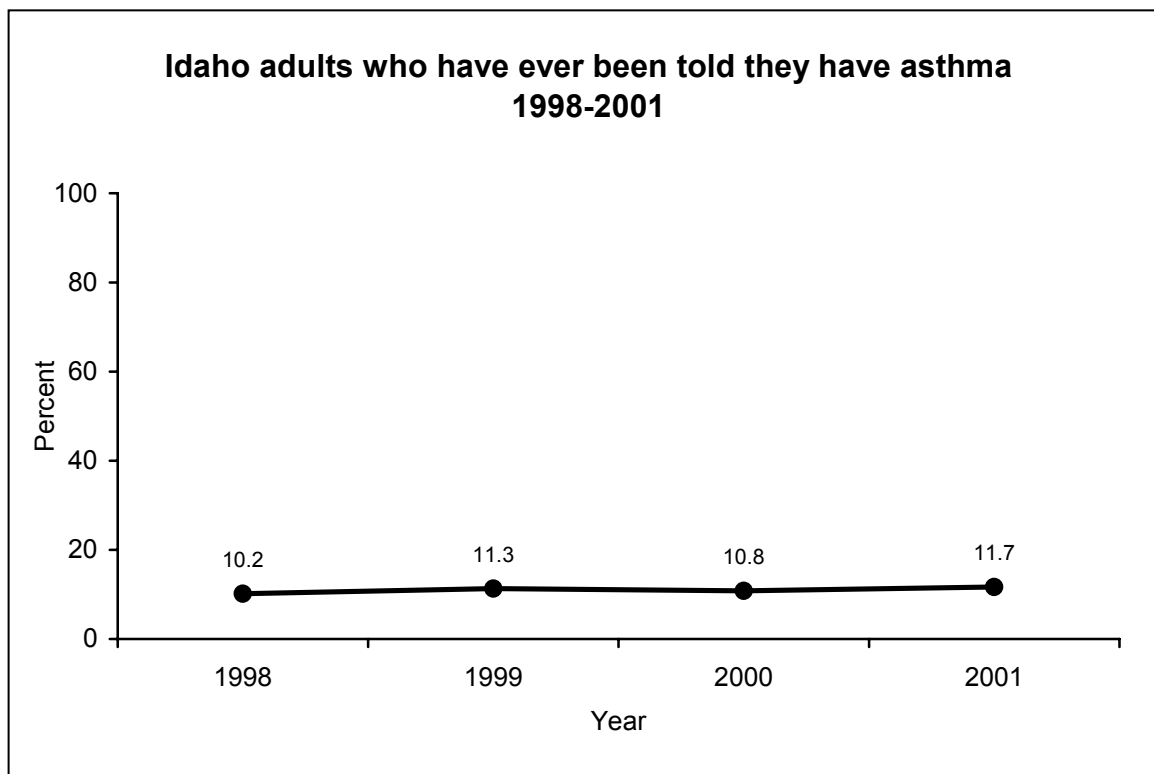
*Note: In 1998, the question read "Has a doctor or other health care professional ever told you that you have asthma?" In 1999-2000, the question read "Did a doctor ever tell you that you had asthma?"*

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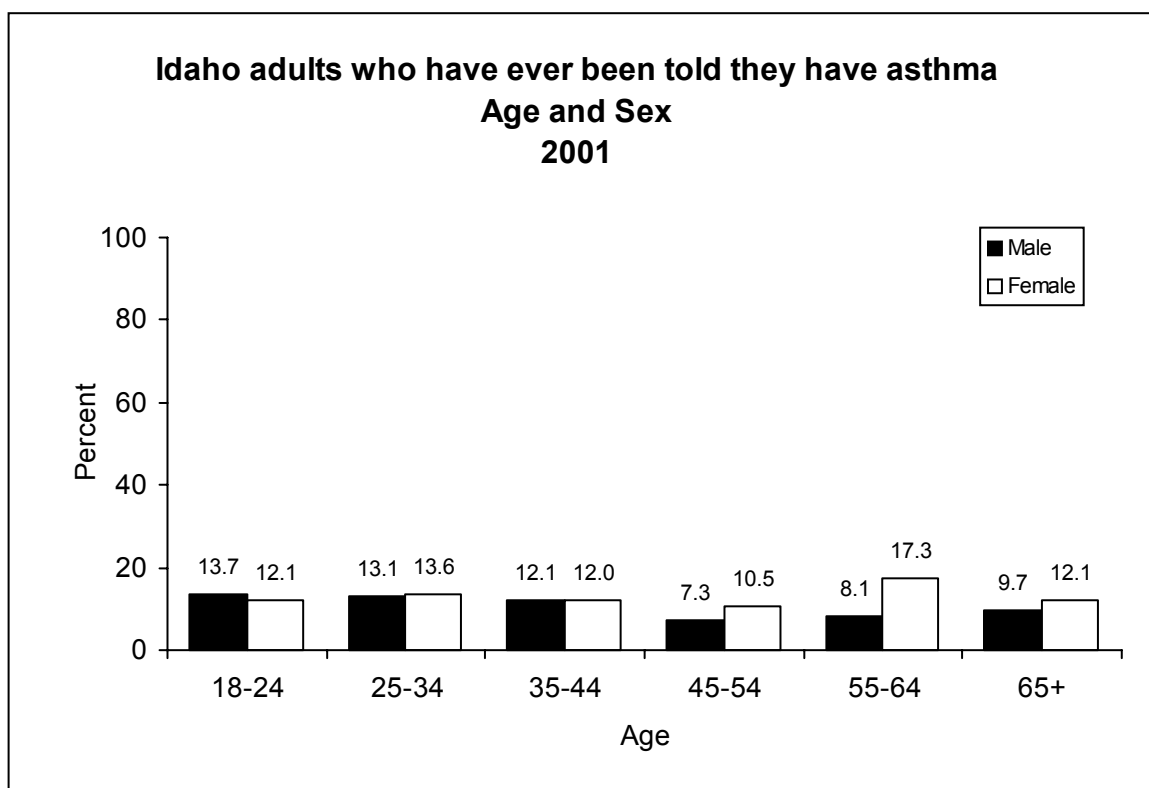
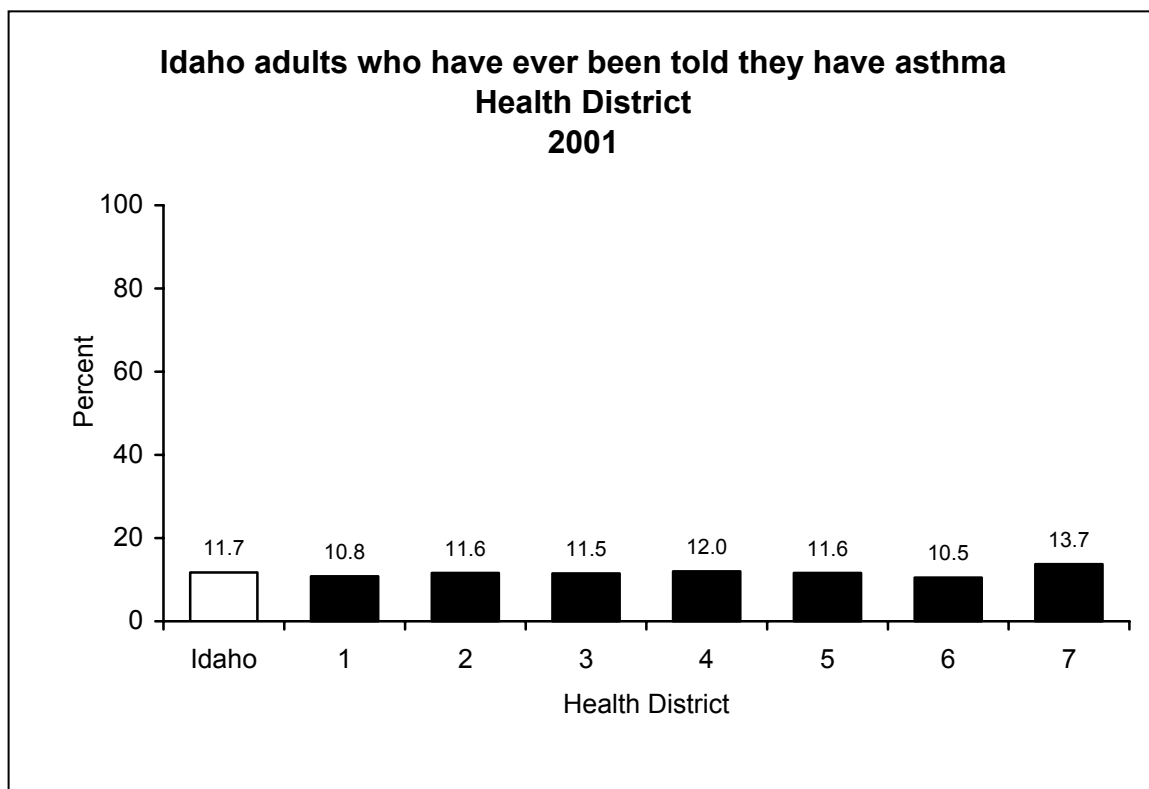
Asthma is a chronic inflammatory disorder of the airways characterized by episodes of wheezing, shortness of breath, chest tightness, and cough and is among the most common chronic diseases in the United States. Rates of asthma have increased significantly in the last two decades. A chronic respiratory condition, asthma is often triggered by environmental factors, including dust, tobacco smoke, pet dander, cockroaches, and some chemicals (Centers for Disease Control and Prevention, 2001).

### Summary

- Over 1 in 5 (21.1 percent) of those with asthma report they have "fair" or "poor" general health status compared with 1 in 10 (11.9 percent) of those without asthma (see page 6, General Health Status for question description).
- Asthma prevalence is higher in adult females: 10.6 percent of men report ever being told they have asthma, compared with 12.7 percent of women.



# Asthma



# Asthma

Idaho adults who have ever been told they have asthma, 2001

	State			Health District								
				District 1			District 2			District 3		
	%	95% CI	N	%	95% CI	N	%	95% CI	N	%	95% CI	N
<b>TOTAL</b>	<b>11.7</b>	10.6 12.8	4,830	<b>10.8</b>	8.3 13.3	689	<b>11.6</b>	8.9 14.3	685	<b>11.5</b>	9.0 14.0	680
<b>SEX</b>												
Male	<b>10.6</b>	9.0 12.2	2,070	<b>8.5</b>	5.2 11.8	274	<b>10.5</b>	6.8 14.2	317	<b>14.5</b>	10.2 18.8	294
Female	<b>12.7</b>	11.2 14.2	2,760	<b>13.0</b>	9.5 16.5	415	<b>12.7</b>	8.6 16.8	368	<b>8.6</b>	5.7 11.5	386
<b>AGE</b>												
18-24	<b>12.9</b>	9.2 16.6	486	<b>17.4</b>	6.4 28.4	56	<b>9.2</b>	2.4 15.9	88	<b>7.5</b>	1.6 13.3	64
25-34	<b>13.3</b>	10.8 15.8	859	<b>7.6</b>	2.1 13.1	97	<b>11.3</b>	4.8 17.8	112	<b>11.7</b>	6.4 17.0	144
35-44	<b>12.1</b>	9.7 14.5	1,004	<b>11.2</b>	6.3 16.1	156	<b>12.9</b>	6.8 19.0	132	<b>10.7</b>	4.4 17.0	124
45-54	<b>8.9</b>	6.9 10.9	866	<b>7.9</b>	3.0 12.8	133	<b>11.3</b>	5.2 17.4	127	<b>15.5</b>	8.2 22.8	121
55-64	<b>12.8</b>	9.7 15.9	620	<b>9.6</b>	3.9 15.3	93	<b>13.7</b>	3.5 23.9	83	<b>12.5</b>	5.1 19.9	80
65+	<b>11.1</b>	8.7 13.5	952	<b>13.5</b>	7.6 19.4	152	<b>11.4</b>	5.9 16.9	137	<b>10.8</b>	5.1 16.5	138
18-34	<b>13.2</b>	11.0 15.4	1,345	<b>11.4</b>	5.9 16.9	153	<b>10.3</b>	5.5 15.0	200	<b>9.9</b>	6.0 13.8	208
35-54	<b>10.5</b>	8.9 12.1	1,870	<b>9.5</b>	5.9 13.0	289	<b>12.1</b>	7.8 16.4	259	<b>13.1</b>	8.4 17.8	245
55+	<b>11.8</b>	9.8 13.8	1,572	<b>11.9</b>	7.7 16.1	245	<b>12.3</b>	7.0 17.6	220	<b>11.5</b>	6.9 16.0	218
<b>SEX and AGE</b>												
Male												
18-34	<b>13.3</b>	10.0 16.6	594	<b>8.1</b>	1.0 15.1	58	<b>10.6</b>	3.7 17.5	96	<b>12.2</b>	5.9 18.5	103
35-54	<b>9.8</b>	7.4 12.2	816	<b>8.0</b>	3.1 12.9	125	<b>11.2</b>	5.1 17.3	117	<b>17.2</b>	9.2 25.2	94
55+	<b>9.0</b>	6.4 11.5	645	<b>9.6</b>	3.3 15.9	89	<b>9.9</b>	4.0 15.8	102	<b>13.7</b>	6.4 21.1	96
Female												
18-34	<b>13.0</b>	10.3 15.7	751	<b>15.0</b>	6.6 23.4	95	<b>9.9</b>	3.6 16.2	104	<b>7.4</b>	2.7 12.1	105
35-54	<b>11.3</b>	9.1 13.5	1,054	<b>10.8</b>	5.9 15.7	164	<b>13.1</b>	7.0 19.2	142	<b>8.9</b>	3.8 14.0	151
55+	<b>14.1</b>	11.4 16.8	927	<b>13.9</b>	8.2 19.6	156	<b>14.5</b>	6.1 22.9	118	<b>9.6</b>	3.9 15.3	122
<b>INCOME</b>												
Less than \$15,000	<b>17.9</b>	13.6 22.2	611	<b>19.2</b>	8.6 29.8	83	<b>15.3</b>	7.7 22.9	111	<b>11.6</b>	5.1 18.1	96
\$15,000 - \$24,999	<b>14.1</b>	11.6 16.6	926	<b>10.6</b>	5.5 15.7	138	<b>13.7</b>	7.8 19.5	157	<b>14.9</b>	8.4 21.4	135
\$25,000 - \$34,999	<b>9.3</b>	6.9 11.7	755	<b>3.6</b>	0.4 6.8	109	<b>6.3</b>	1.0 11.6	92	<b>10.3</b>	4.2 16.4	122
\$35,000 - \$49,999	<b>10.4</b>	8.2 12.6	911	<b>10.6</b>	4.9 16.3	151	<b>10.9</b>	5.0 16.8	105	<b>14.3</b>	7.6 20.9	134
\$50,000+	<b>9.6</b>	7.6 11.6	1,148	<b>8.6</b>	3.9 13.3	133	<b>8.8</b>	3.8 13.8	146	<b>8.8</b>	3.9 13.7	132
<b>EMPLOYMENT</b>												
Employed	<b>11.3</b>	9.9 12.7	3,009	<b>8.9</b>	6.0 11.8	394	<b>11.1</b>	8.0 14.2	407	<b>11.7</b>	8.4 15.0	426
Unemployed	<b>16.5</b>	9.1 23.9	175	*	* *	*	*	* *	*	*	* *	*
Other**	<b>11.9</b>	10.1 13.7	1,637	<b>14.8</b>	10.1 19.5	262	<b>11.5</b>	6.4 16.6	246	<b>10.4</b>	6.2 14.6	226
<b>EDUCATION</b>												
K-11th Grade	<b>13.2</b>	9.4 16.9	467	<b>8.4</b>	1.9 14.9	64	*	* *	*	<b>14.7</b>	7.5 21.9	104
12th Grade or GED	<b>12.7</b>	10.7 14.7	1,559	<b>9.8</b>	5.7 13.9	255	<b>11.0</b>	6.9 15.1	226	<b>9.7</b>	5.5 13.8	242
Some College	<b>11.6</b>	9.7 13.5	1,506	<b>11.5</b>	7.0 16.0	209	<b>12.1</b>	6.6 17.6	218	<b>11.3</b>	6.4 16.2	194
College Graduate+	<b>10.2</b>	8.2 12.2	1,287	<b>12.4</b>	6.9 17.9	161	<b>11.0</b>	6.2 15.8	194	<b>12.2</b>	6.5 17.9	138

\*Figure not reliable by BRFSS standards (N<50)

\*\*Other includes students, homemakers, retirees, and persons unable to work

# Asthma

Idaho adults who have ever been told they have asthma, 2001

	Health District															
	District 4				District 5				District 6			District 7				
	%	95% CI		N	%	95% CI		N	%	95% CI		N	%	95% CI		N
TOTAL	12.0	9.4	14.6	693	11.6	9.0	14.1	685	10.6	8.2	12.9	700	13.7	10.7	16.7	698
SEX																
Male	11.1	7.1	15.1	288	6.4	3.5	9.3	287	10.8	7.3	14.3	296	11.8	7.7	15.8	314
Female	12.8	9.3	16.3	405	16.5	12.5	20.5	398	10.3	7.4	13.2	404	15.7	11.2	20.2	384
AGE																
18-24	*	*	*	*	17.8	7.9	27.7	77	7.2	1.7	12.7	79	20.5	9.9	31.1	79
25-34	14.6	8.3	20.9	149	14.7	7.4	22.0	113	16.0	9.7	22.2	127	16.1	9.0	23.2	117
35-44	12.8	7.3	18.3	160	11.6	6.3	16.9	138	15.8	9.3	22.3	141	8.9	4.2	13.6	153
45-54	5.7	2.0	9.4	136	9.1	4.0	14.2	110	6.4	2.3	10.5	123	10.3	4.0	16.6	116
55-64	17.0	8.2	25.8	89	7.6	2.7	12.5	104	8.3	2.7	13.9	86	16.5	7.3	25.7	85
65+	11.9	5.3	18.5	104	10.1	4.6	15.6	140	6.5	2.5	10.4	139	11.8	6.1	17.5	142
18-34	13.3	7.8	18.8	192	15.9	10.0	21.8	190	12.4	8.1	16.7	206	18.3	12.0	24.5	196
35-54	9.6	6.1	13.1	296	10.4	6.7	14.1	248	11.2	7.3	15.1	264	9.6	5.7	13.5	269
55+	14.2	8.9	19.5	193	9.1	5.2	13.0	244	7.2	3.9	10.5	225	13.9	8.8	19.0	227
SEX and AGE																
Male																
18-34	16.7	7.3	26.1	77	8.5	1.8	15.2	85	11.6	5.3	17.8	88	20.7	11.8	29.5	87
35-54	9.6	4.5	14.7	137	4.6	1.1	8.1	110	11.9	5.6	18.2	105	5.9	1.8	10.0	128
55+	6.9	1.2	12.6	71	6.8	1.3	12.3	90	8.5	3.1	13.9	102	8.0	1.3	14.7	95
Female																
18-34	9.8	4.2	15.4	115	24.0	14.6	33.4	105	13.2	7.3	19.1	118	15.8	6.6	25.0	109
35-54	9.6	4.9	14.3	159	16.3	10.0	22.6	138	10.5	5.7	15.3	159	13.2	6.7	19.7	141
55+	20.3	12.3	28.3	122	11.0	5.7	16.3	154	6.2	2.3	10.1	123	18.9	11.3	26.5	132
INCOME																
Less than \$15,000	27.7	12.2	43.2	56	16.9	8.1	25.7	84	11.5	4.6	18.4	93	20.6	7.9	33.3	88
\$15,000 - \$24,999	12.9	5.5	20.3	104	15.8	9.3	22.2	151	14.6	8.5	20.7	134	18.4	9.8	27.0	107
\$25,000 - \$34,999	11.5	5.2	17.8	109	8.6	3.2	14.0	110	10.4	4.9	15.9	104	12.1	5.3	18.8	109
\$35,000 - \$49,999	8.4	3.7	13.1	119	8.0	2.9	13.1	139	12.4	6.6	18.2	139	9.5	3.8	15.2	124
\$50,000+	9.2	5.5	12.9	248	10.0	4.7	15.3	132	7.6	3.6	11.5	167	14.2	8.7	19.7	190
EMPLOYMENT																
Employed	12.0	8.9	15.1	477	9.8	6.9	12.6	450	11.1	8.2	14.0	426	13.7	9.8	17.6	429
Unemployed	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Other**	9.5	5.4	13.6	193	14.1	9.0	19.2	216	10.5	6.5	14.4	248	14.4	9.3	19.5	246
EDUCATION																
K-11th Grade	*	*	*	*	10.6	3.3	17.8	92	12.3	3.5	21.1	64	5.0	0.0	10.2	52
12th Grade or GED	14.9	8.8	21.0	173	16.0	10.9	21.1	226	9.9	6.0	13.8	218	17.6	11.1	24.0	219
Some College	10.9	6.6	15.2	216	10.8	6.4	15.2	203	11.9	7.8	16.0	245	13.4	8.3	18.5	221
College Graduate+	9.5	5.8	13.2	256	6.8	2.8	10.8	162	8.9	4.8	13.0	172	12.0	7.0	17.0	204

\*Figure not reliable by BRFSS standards (N<50)

\*\*Other includes students, homemakers, retirees, and persons unable to work

# Diabetes

## Question: Have you ever been told by a doctor that you have diabetes?

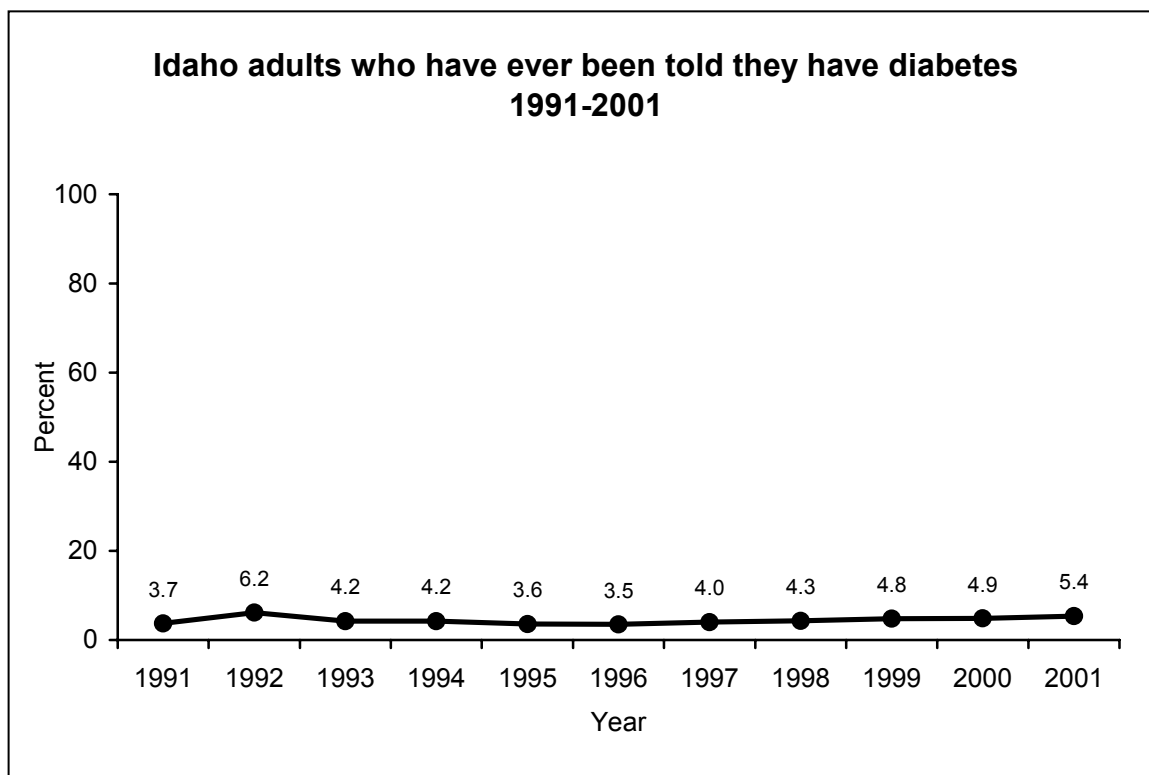
**Note:** *Excludes gestational diabetes*

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Diabetes describes either a deficiency of insulin or a decreased ability of the body to use insulin, a hormone secreted by the pancreas. Complications of diabetes can lead to cardiovascular disease, stroke, kidney failure, blindness, and limb amputation. Approximately 5-10 percent of people with diabetes have Type 1 diabetes, or “Juvenile Diabetes” and are dependent on insulin to maintain normal blood sugar levels. Type 2 diabetes affects 90-95 percent of people with diabetes and can often be treated through proper diet and exercise, though some require insulin injections (Centers for Disease Control and Prevention, 2001).

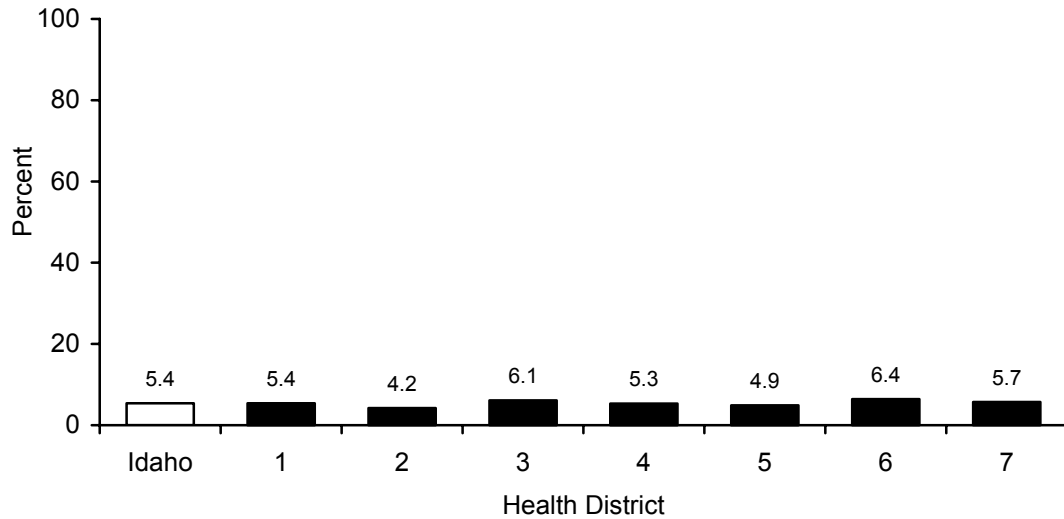
### Summary

- Eighty-two percent of adults with diabetes are overweight.
- Diabetes increased by 31 percent in the last ten years.
- Nearly half (46.9 percent) of those with diabetes report they have “fair” or “poor” general health status compared with 11.0 percent of those without diabetes.

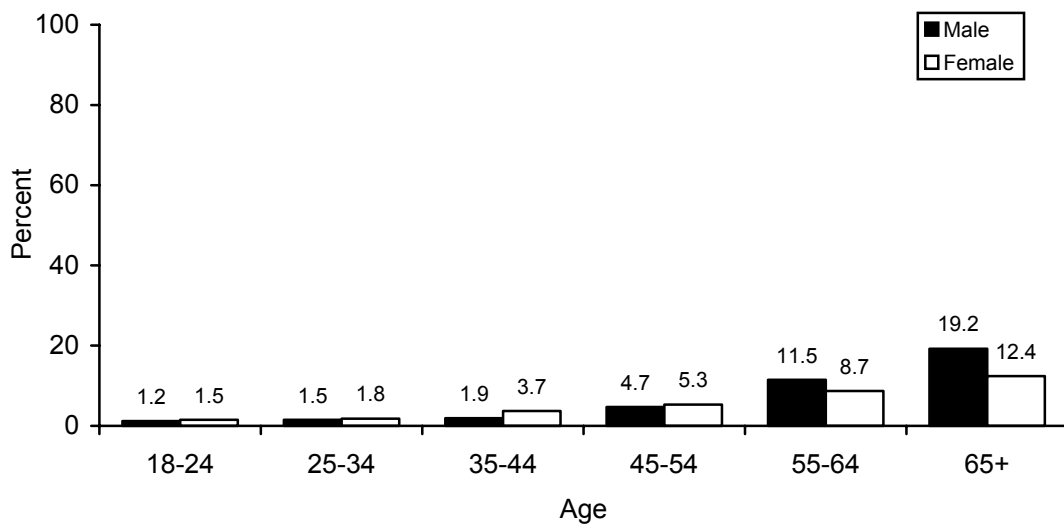


# Diabetes

**Idaho adults who have ever been told they have diabetes**  
**Health District**  
**2001**



**Idaho adults who have ever been told they have diabetes**  
**Age and Sex**  
**2001**





# Diabetes

Idaho adults who have ever been told they have diabetes, 2001

	State				Health District											
					District 1				District 2				District 3			
	%	95% CI		N	%	95% CI		N	%	95% CI		N	%	95% CI		N
TOTAL	5.4	4.6	6.2	4,830	5.4	3.6	7.2	690	4.2	2.6	5.8	683	6.1	4.1	8.1	681
SEX																
Male	5.2	4.2	6.2	2,068	6.4	3.5	9.3	274	4.5	2.1	6.8	315	5.1	2.4	7.8	294
Female	5.7	4.7	6.7	2,762	4.4	2.2	6.6	416	3.9	1.8	6.0	368	6.9	4.0	9.8	387
AGE																
18-24	1.4	0.4	2.4	486	4.6	0.0	9.9	56	0.0	0.0	0.0	88	1.2	0.0	3.6	64
25-34	1.6	0.8	2.4	859	1.6	0.0	3.8	97	3.5	0.0	7.6	112	1.5	0.0	3.4	144
35-44	2.8	1.6	4.0	1,004	3.3	0.4	6.2	156	2.0	0.2	3.8	132	1.9	0.0	4.4	124
45-54	5.0	3.4	6.6	869	1.6	0.0	3.9	134	6.0	1.3	10.7	127	4.3	0.8	7.8	122
55-64	10.1	7.4	12.8	618	6.7	1.2	12.2	93	4.4	0.1	8.7	81	12.6	4.4	20.8	80
65+	12.7	10.2	15.2	951	14.4	8.1	20.7	152	8.9	4.0	13.8	137	14.4	7.6	21.2	138
18-34	1.5	0.9	2.1	1,345	2.8	0.3	5.3	153	1.8	0.0	4.0	200	1.3	0.0	2.9	208
35-54	3.9	2.9	4.9	1,873	2.4	0.6	4.2	290	4.0	1.5	6.5	259	3.1	0.9	5.3	246
55+	11.6	9.6	13.6	1,569	11.2	6.8	15.6	245	7.1	3.8	10.4	218	13.7	8.4	19.0	218
SEX and AGE																
Male																
18-34	1.4	0.4	2.3	594	2.1	0.0	5.2	58	3.4	0.0	7.3	96	1.6	0.0	3.9	103
35-54	3.3	1.9	4.7	816	2.7	0.2	5.2	125	4.2	0.7	7.7	117	1.2	0.0	3.6	94
55+	12.4	9.5	15.3	643	15.3	7.2	23.3	89	6.3	1.5	11.0	100	13.6	5.8	21.4	96
Female																
18-34	1.7	0.7	2.7	751	3.4	0.0	7.3	95	0.0	0.0	0.0	104	1.0	0.0	3.0	105
35-54	4.5	3.0	5.9	1,057	2.1	0.0	4.6	165	3.8	0.3	7.3	142	4.9	1.4	8.4	152
55+	11.0	8.5	13.5	926	7.8	3.5	12.1	156	7.8	2.9	12.7	118	13.7	6.6	20.8	122
INCOME																
Less than \$15,000	9.2	6.7	11.7	612	8.9	2.2	15.6	83	5.2	1.1	9.3	111	14.9	6.5	23.3	97
\$15,000 - \$24,999	7.1	5.1	9.1	925	7.9	3.0	12.8	138	0.9	0.0	1.9	156	8.4	3.1	13.7	135
\$25,000 - \$34,999	5.9	3.7	8.1	757	6.0	1.3	10.7	110	6.5	1.2	11.8	92	3.6	0.3	6.9	122
\$35,000 - \$49,999	3.2	2.0	4.4	911	4.3	0.6	8.0	151	4.6	0.3	8.9	105	0.7	0.0	2.1	134
\$50,000+	4.0	2.6	5.4	1,148	3.0	0.1	5.9	133	4.7	1.2	8.2	146	3.2	0.1	6.3	132
EMPLOYMENT																
Employed	3.4	2.6	4.2	3,011	2.0	0.6	3.4	395	3.0	1.2	4.7	407	2.6	1.0	4.2	426
Unemployed	2.3	0.3	4.3	174	*	*	*	*	*	*	*	*	*	*	*	*
Other**	9.9	8.1	11.7	1,636	11.2	7.1	15.3	262	6.2	3.3	9.1	245	12.9	8.0	17.8	227
EDUCATION																
K-11th Grade	8.0	4.9	11.1	465	8.4	1.0	15.8	64	*	*	*	*	8.9	2.2	15.6	104
12th Grade or GED	5.7	4.5	6.9	1,559	4.8	2.1	7.5	255	5.0	2.1	7.9	226	6.4	3.1	9.7	242
Some College	5.6	4.2	6.9	1,508	5.5	2.4	8.6	209	4.8	2.1	7.5	218	4.5	1.8	7.2	195
College Graduate+	4.1	2.9	5.3	1,287	4.9	1.0	8.8	162	3.3	0.6	6.0	193	5.2	0.9	9.5	138

\*Figure not reliable by BRFSS standards (N<50)

\*\*Other includes students, homemakers, retirees, and persons unable to work

# Diabetes

Idaho adults who have ever been told they have diabetes, 2001

	Health District															
	District 4				District 5				District 6				District 7			
	%	95% CI		N	%	95% CI		N	%	95% CI		N	%	95% CI		N
TOTAL	5.3	3.5	7.1	693	5.0	3.2	6.7	685	6.4	4.4	8.4	699	5.7	3.9	7.4	699
SEX																
Male	5.4	2.9	7.9	288	3.8	1.4	6.2	287	5.1	2.4	7.8	296	5.2	2.7	7.7	314
Female	5.1	2.7	7.6	405	6.0	3.5	8.5	398	7.6	4.9	10.3	403	6.1	3.7	8.5	385
AGE																
18-24	*	*	*	*	0.0	0.0	0.0	77	4.6	0.0	9.7	79	0.8	0.0	2.4	79
25-34	1.4	0.0	3.4	149	0.7	0.0	2.1	113	1.5	0.0	3.3	127	2.1	0.0	4.5	117
35-44	3.8	0.4	7.1	160	2.4	0.2	4.6	138	2.6	0.1	5.1	141	1.9	0.0	3.9	153
45-54	7.0	2.5	11.5	136	4.1	0.7	7.5	110	7.0	1.7	12.3	123	4.1	0.3	7.8	117
55-64	8.5	2.2	14.7	89	11.9	4.5	19.3	104	16.5	8.0	24.9	86	11.3	3.3	19.3	85
65+	12.6	5.5	19.7	104	10.7	5.0	16.4	140	9.2	4.3	14.1	138	17.7	11.0	24.4	142
18-34	0.8	0.0	2.0	192	0.4	0.0	1.2	190	2.8	0.4	5.2	206	1.5	0.1	2.8	196
35-54	5.2	2.5	7.9	296	3.2	1.2	5.2	248	4.8	1.8	7.7	264	2.9	0.7	5.1	270
55+	10.7	5.8	15.6	193	11.2	6.7	15.7	244	12.2	7.7	16.7	224	14.9	9.7	20.1	227
SEX and AGE																
Male																
18-34	1.1	0.0	3.3	77	0.0	0.0	0.0	85	1.2	0.0	3.6	88	0.8	0.0	2.4	87
35-54	5.5	1.6	9.4	137	2.4	0.0	5.1	110	4.1	0.0	8.8	105	0.0	0.0	0.0	128
55+	11.0	3.6	18.4	71	9.8	3.1	16.5	90	11.4	4.9	17.9	102	18.8	10.2	27.4	95
Female																
18-34	0.6	0.0	1.8	115	0.9	0.0	2.7	105	4.4	0.3	8.5	118	2.1	0.0	4.5	109
35-54	4.9	1.1	8.7	159	4.1	0.0	7.0	138	5.4	1.9	8.9	159	5.8	1.7	9.9	142
55+	10.4	4.0	16.8	122	12.3	6.2	18.4	154	13.0	6.5	19.4	122	11.5	5.4	17.6	132
INCOME																
Less than \$15,000	4.9	0.0	9.8	56	5.3	1.0	9.6	84	12.1	5.1	19.1	93	11.4	4.4	18.4	88
\$15,000 - \$24,999	7.7	1.9	13.5	104	8.0	3.1	12.9	151	5.0	1.3	8.7	134	10.9	4.3	17.5	107
\$25,000 - \$34,999	8.0	1.9	14.1	109	4.8	0.7	8.9	110	8.1	1.8	14.4	104	3.2	0.0	6.5	110
\$35,000 - \$49,999	3.9	0.6	7.2	119	1.8	0.0	4.0	139	4.2	0.7	7.7	139	2.9	0.0	5.7	124
\$50,000+	4.5	1.8	7.2	248	3.7	0.0	7.4	132	4.5	1.2	7.8	167	3.4	0.7	6.1	190
EMPLOYMENT																
Employed	4.1	2.2	6.0	477	3.3	1.5	5.1	450	4.6	2.4	6.8	426	3.2	1.6	4.8	430
Unemployed	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Other**	8.7	4.4	13.0	193	9.2	5.1	13.3	216	9.6	5.7	13.5	247	11.0	6.7	15.3	246
EDUCATION																
K-11th Grade	*	*	*	*	2.8	0.0	5.9	92	8.1	0.0	17.1	63	10.1	2.5	17.7	52
12th Grade or GED	4.3	1.1	7.5	173	7.1	3.7	10.5	226	7.3	3.8	10.8	218	6.3	3.2	9.4	219
Some College	6.6	2.9	10.3	216	3.4	0.9	5.9	203	7.0	3.7	10.3	245	5.2	2.3	8.1	222
College Graduate+	3.4	1.2	5.6	256	4.6	0.9	8.3	162	3.7	1.0	6.4	172	4.5	1.4	7.6	204

\*Figure not reliable by BRFSS standards (N<50)

\*\*Other includes students, homemakers, retirees, and persons unable to work

# Arthritis

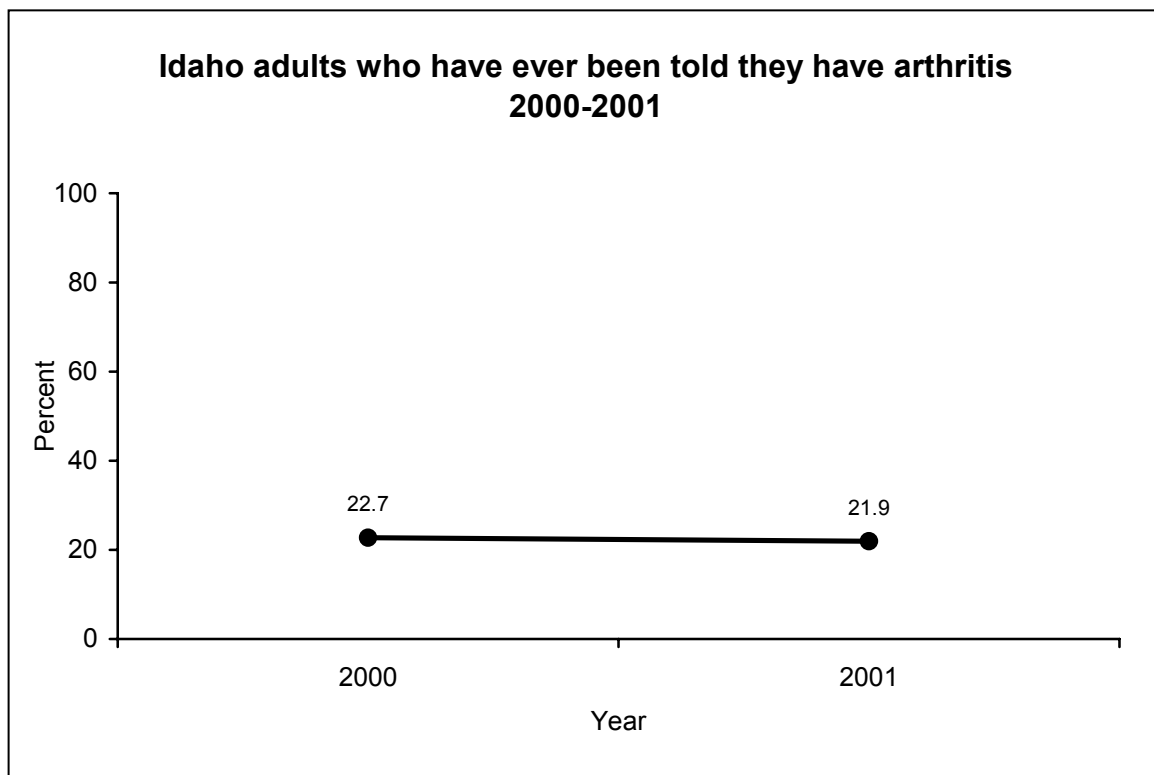
## Question: Have you ever been told by a doctor that you have arthritis?

Appendix A, p. 78

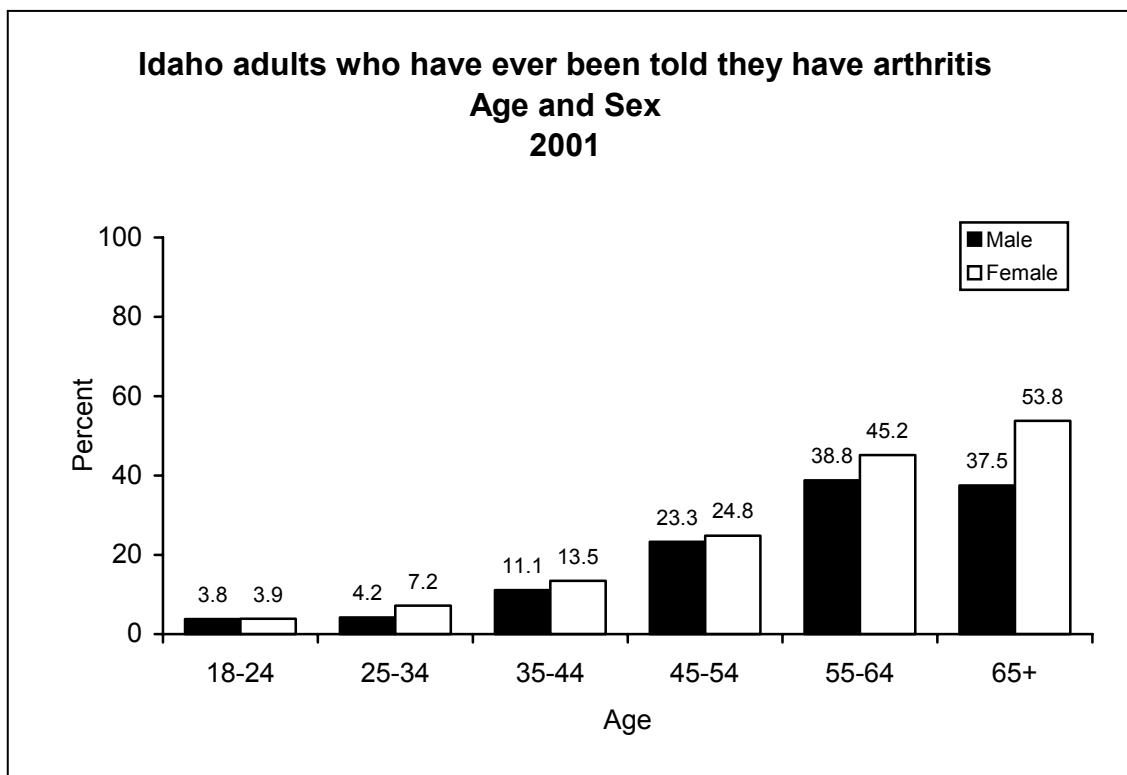
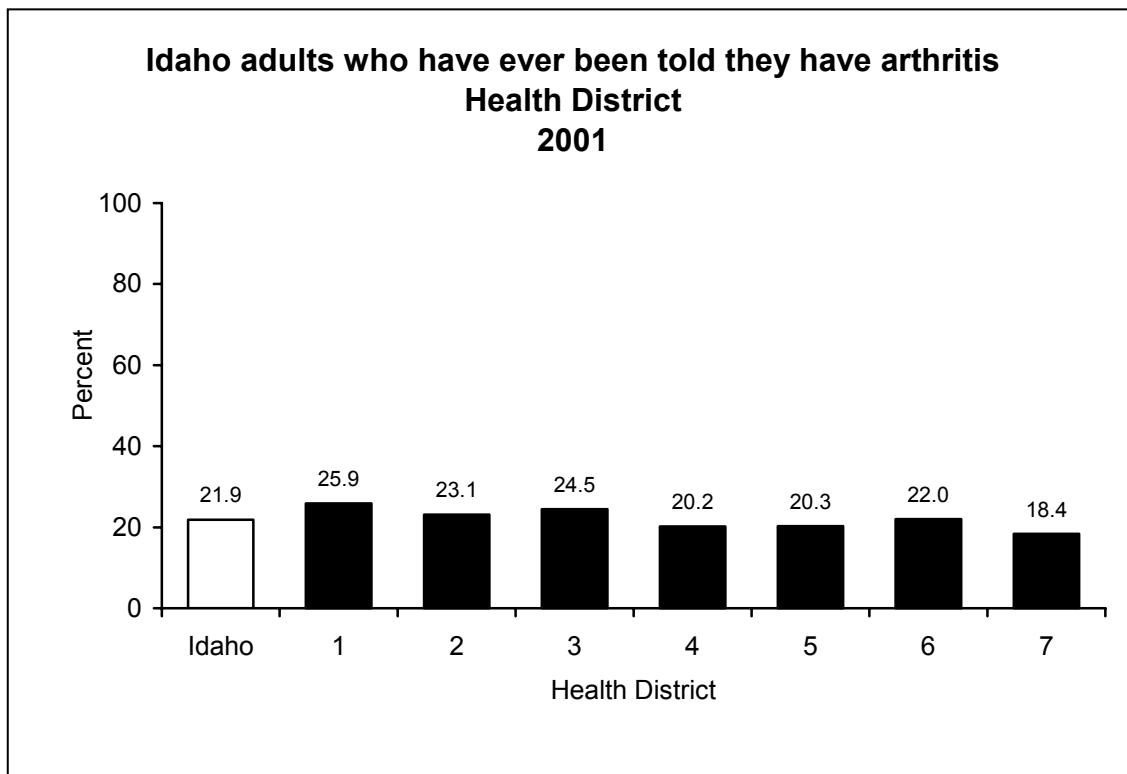
Arthritis, a condition of the joints, affects many older Americans. Arthritis is the most commonly reported chronic condition among older Americans; a majority of those over the age of 70 report being affected by it (Centers for Disease Control and Prevention, 2001).

### Summary

- Doctor diagnosed arthritis is reported by 21.9 percent of adults, nearly identical results to the previous year.
- Women experience a higher prevalence of doctor diagnosed arthritis (25.1 percent) than men (18.6 percent).
- Higher prevalence of doctor diagnosed arthritis is strongly correlated with increasing age. Nearly half (46.8 percent) of those 65 and older report having some form of the disease.



# Arthritis



# Arthritis

Idaho adults who have ever been told they have arthritis, 2001

	State				Health District											
					District 1				District 2				District 3			
	%	95% CI		N	%	95% CI		N	%	95% CI		N	%	95% CI		N
TOTAL	21.9	20.5	23.3	4,819	25.9	22.4	29.4	686	23.1	19.7	26.5	684	24.5	21.2	27.8	681
SEX																
Male	18.6	16.4	20.7	2,064	23.3	18.0	28.6	273	18.9	14.4	23.4	317	19.0	14.3	23.7	294
Female	25.1	23.1	27.1	2,755	28.4	23.9	32.9	413	27.4	22.3	32.5	367	29.8	24.9	34.7	387
AGE																
18-24	3.8	1.6	6.0	485	2.7	0.0	6.6	56	3.6	0.0	7.3	88	2.4	0.0	6.0	64
25-34	5.7	4.1	7.2	857	9.8	3.5	16.1	96	4.9	0.9	8.8	112	9.9	4.8	15.0	144
35-44	12.3	9.9	14.7	1,000	13.5	7.6	19.4	156	9.9	5.0	14.8	131	8.0	3.5	12.5	124
45-54	24.0	20.8	27.2	866	30.3	22.1	38.5	133	34.5	25.4	43.6	127	24.3	16.2	32.3	122
55-64	42.0	36.7	47.3	618	50.9	39.9	61.9	92	38.9	26.9	50.9	83	41.0	29.6	52.3	80
65+	46.8	43.1	50.5	950	42.5	34.1	50.9	151	48.8	40.0	57.6	137	55.6	46.6	64.6	138
18-34	4.9	3.6	6.2	1,342	7.0	2.9	11.1	152	4.3	1.6	7.0	200	6.8	3.5	10.1	208
35-54	18.0	16.0	20.0	1,866	22.2	17.1	27.3	289	22.0	16.5	27.5	258	16.1	11.3	20.9	246
55+	44.8	41.7	47.9	1,568	46.0	39.1	52.8	243	44.8	37.7	51.9	220	49.9	42.7	57.1	218
SEX and AGE																
Male																
18-34	4.0	2.2	5.8	594	5.1	0.0	11.2	58	3.6	0.0	7.7	96	5.3	1.4	9.2	103
35-54	17.0	14.1	19.9	813	21.4	13.6	29.2	125	17.2	9.5	24.8	117	14.5	7.2	21.8	94
55+	38.1	33.0	43.2	642	42.1	31.1	53.1	88	40.1	30.1	50.1	102	39.2	28.8	49.6	96
Female																
18-34	5.8	4.0	7.6	748	8.9	3.2	14.6	94	5.0	1.4	8.6	104	8.3	2.8	13.8	105
35-54	18.9	16.2	21.6	1,053	22.9	16.0	29.8	164	27.1	19.3	34.9	141	17.7	11.4	24.0	152
55+	50.4	46.7	54.1	926	49.2	40.8	57.6	155	49.0	39.0	59.0	118	58.8	49.1	68.4	122
INCOME																
Less than \$15,000	31.7	27.3	36.1	610	34.5	23.3	45.7	83	28.6	19.6	37.6	111	38.1	27.4	48.8	97
\$15,000 - \$24,999	25.0	21.9	28.1	923	30.6	22.0	39.2	137	28.4	20.7	36.1	157	32.7	24.1	41.3	135
\$25,000 - \$34,999	25.9	22.2	29.6	756	21.9	13.5	30.3	110	19.1	10.7	27.5	92	25.5	17.3	33.7	122
\$35,000 - \$49,999	19.0	15.3	22.7	908	23.6	16.5	30.7	150	20.4	12.4	28.4	104	17.0	10.3	23.7	134
\$50,000+	15.7	13.3	18.1	1,147	22.5	15.0	29.9	133	16.9	10.6	23.2	146	14.9	8.4	21.4	132
EMPLOYMENT																
Employed	14.7	13.3	16.1	3,004	16.3	12.3	20.2	394	16.6	12.9	20.3	407	13.7	10.2	17.2	426
Unemployed	19.9	13.4	26.3	175	*	*	*	*	*	*	*	*	*	*	*	*
Other**	36.3	33.2	39.4	1,631	40.5	34.0	46.9	259	32.8	26.3	39.3	245	44.4	37.3	51.5	227
EDUCATION																
K-11th Grade	34.4	29.4	39.4	466	32.8	20.6	45.0	64	*	*	*	*	40.4	30.4	50.4	104
12th Grade or GED	22.4	20.0	24.8	1,553	26.0	20.1	31.9	253	24.4	18.5	30.3	226	22.5	17.0	28.0	242
Some College	21.3	18.9	23.8	1,505	22.6	16.7	28.5	209	23.7	17.2	30.2	217	24.2	17.9	30.5	195
College Graduate+	17.7	14.8	20.6	1,284	27.4	20.1	34.7	160	15.0	9.9	20.1	194	14.8	8.7	20.9	138

\*Figure not reliable by BRFSS standards (N<50)

\*\*Other includes students, homemakers, retirees, and persons unable to work

# Arthritis

## Idaho adults who have ever been told they have arthritis, 2001

	Health District															
	District 4				District 5				District 6			District 7				
	%	95% CI		N	%	95% CI		N	%	95% CI		N	%	95% CI		N
TOTAL	20.2	16.5	23.9	692	20.3	17.0	23.6	683	22.0	18.7	25.3	697	18.4	15.5	21.3	696
SEX																
Male	18.3	12.6	24.0	287	14.6	10.1	19.1	286	20.5	15.6	25.4	294	14.8	10.7	18.9	313
Female	22.1	17.6	26.6	405	25.8	21.1	30.5	397	23.4	18.7	28.0	403	21.8	17.3	26.3	383
AGE																
18-24	*	*	*	*	8.2	0.9	15.4	77	4.2	0.0	9.0	79	1.6	0.0	3.8	78
25-34	0.7	0.0	1.7	149	7.4	2.7	12.1	112	6.8	2.3	11.3	127	5.1	0.0	10.2	117
35-44	12.9	7.6	18.2	160	10.9	5.4	16.4	138	15.5	8.8	22.2	140	14.4	8.3	20.5	151
45-54	21.0	13.6	28.4	136	19.7	11.5	27.9	109	27.0	18.1	35.8	122	16.5	9.2	23.8	117
55-64	47.5	33.6	61.4	89	29.5	19.1	39.9	104	42.3	31.1	53.5	85	33.6	22.6	44.6	85
65+	45.9	35.5	56.3	103	43.6	34.8	52.4	140	40.6	31.9	49.2	139	50.4	41.6	59.2	142
18-34	2.3	0.0	5.0	192	7.7	3.6	11.8	189	5.7	2.4	9.0	206	3.4	0.7	6.1	195
35-54	16.5	12.0	21.0	296	15.2	10.3	20.1	247	21.1	15.6	26.6	262	15.4	10.7	20.1	268
55+	46.7	38.1	55.3	192	38.1	31.4	44.8	244	41.3	34.4	48.2	224	43.0	35.9	50.1	227
SEX and AGE																
Male																
18-34	2.3	0.0	6.6	77	5.4	0.7	10.1	85	5.4	0.7	10.1	88	2.8	0.0	6.1	87
35-54	15.4	8.9	21.8	137	18.7	10.5	26.9	109	24.7	15.7	33.7	104	9.2	4.1	14.2	127
55+	44.9	29.8	60.0	70	19.5	10.5	28.5	90	33.6	24.0	43.2	101	41.1	30.1	52.1	95
Female																
18-34	2.3	0.0	5.4	115	10.3	3.6	17.0	104	6.1	1.6	10.6	118	3.9	0.0	8.4	108
35-54	17.7	11.4	24.0	159	11.7	6.2	17.2	138	17.5	11.2	23.7	158	21.7	14.3	29.1	141
55+	48.1	38.3	57.9	122	53.6	44.8	62.4	154	47.7	38.1	57.2	123	44.7	35.6	53.8	132
INCOME																
Less than \$15,000	28.3	15.2	41.4	56	36.7	24.4	49.0	83	25.7	16.3	35.1	93	28.0	17.4	38.6	87
\$15,000 - \$24,999	15.2	7.2	23.2	103	24.4	17.1	31.7	151	22.7	15.3	30.1	134	24.7	15.7	33.7	106
\$25,000 - \$34,999	33.2	23.3	43.1	109	24.0	15.0	33.0	109	21.1	12.1	30.1	104	25.8	17.0	34.6	110
\$35,000 - \$49,999	22.5	10.6	34.4	119	7.0	2.5	11.5	139	24.0	16.3	31.6	138	15.3	8.8	21.8	124
\$50,000+	13.4	8.9	17.9	248	16.5	9.7	23.3	132	19.6	13.1	26.1	166	12.7	7.5	17.9	190
EMPLOYMENT																
Employed	13.9	10.6	17.2	477	13.3	9.9	16.7	449	17.6	13.7	21.5	424	13.9	10.4	17.4	427
Unemployed	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Other**	36.5	27.1	45.9	192	36.9	29.8	44.0	215	30.0	24.0	36.0	247	27.1	21.2	32.9	246
EDUCATION																
K-11th Grade	*	*	*	*	23.4	13.6	33.2	92	35.7	22.6	48.8	63	32.0	17.5	46.5	52
12th Grade or GED	18.7	12.6	24.8	172	23.0	16.9	29.1	225	25.7	19.4	32.0	217	18.8	13.6	24.0	218
Some College	21.5	15.2	27.8	216	16.7	11.6	21.7	203	20.5	15.2	25.8	244	19.6	14.1	25.1	221
College Graduate+	17.8	10.7	24.9	256	19.0	12.4	25.6	161	14.6	9.1	20.1	172	13.7	8.4	19.0	203

\*Figure not reliable by BRFSS standards (N<50)

\*\*Other includes students, homemakers, retirees, and persons unable to work

# Cigarette Smoking

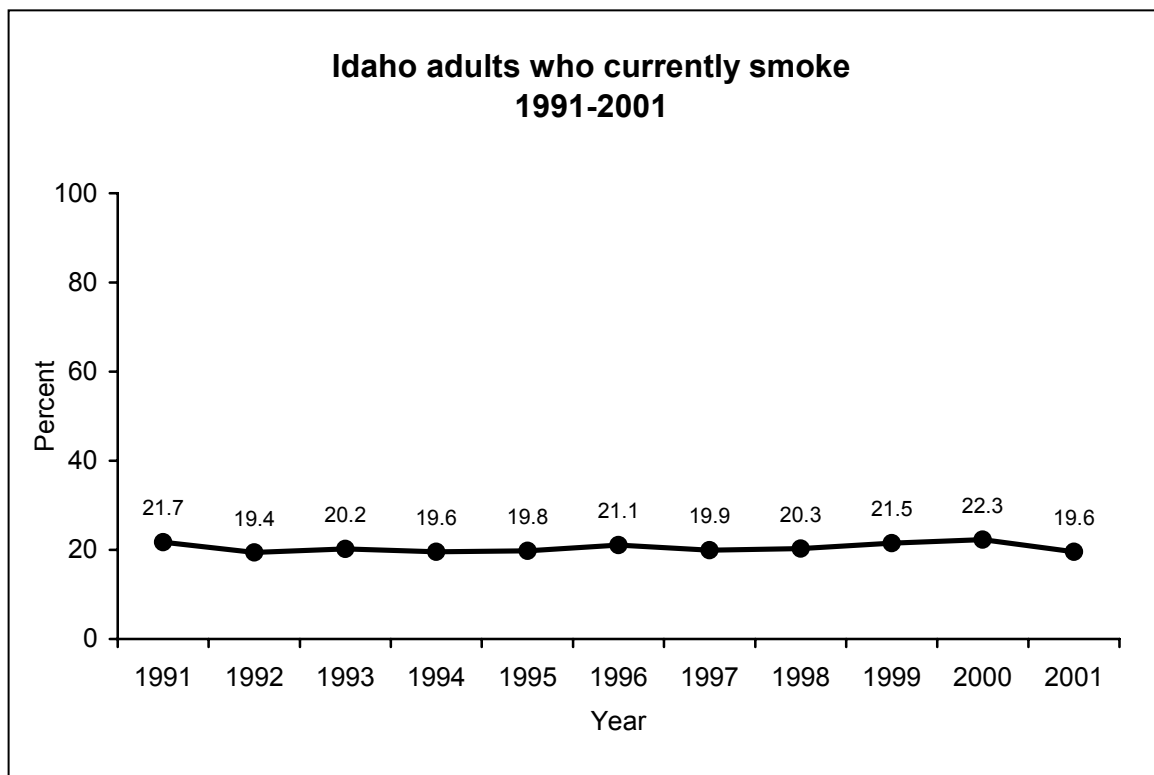
**Question:** Have you smoked at least 100 cigarettes in your entire life? Do you now smoke cigarettes every day, some days, or not at all?

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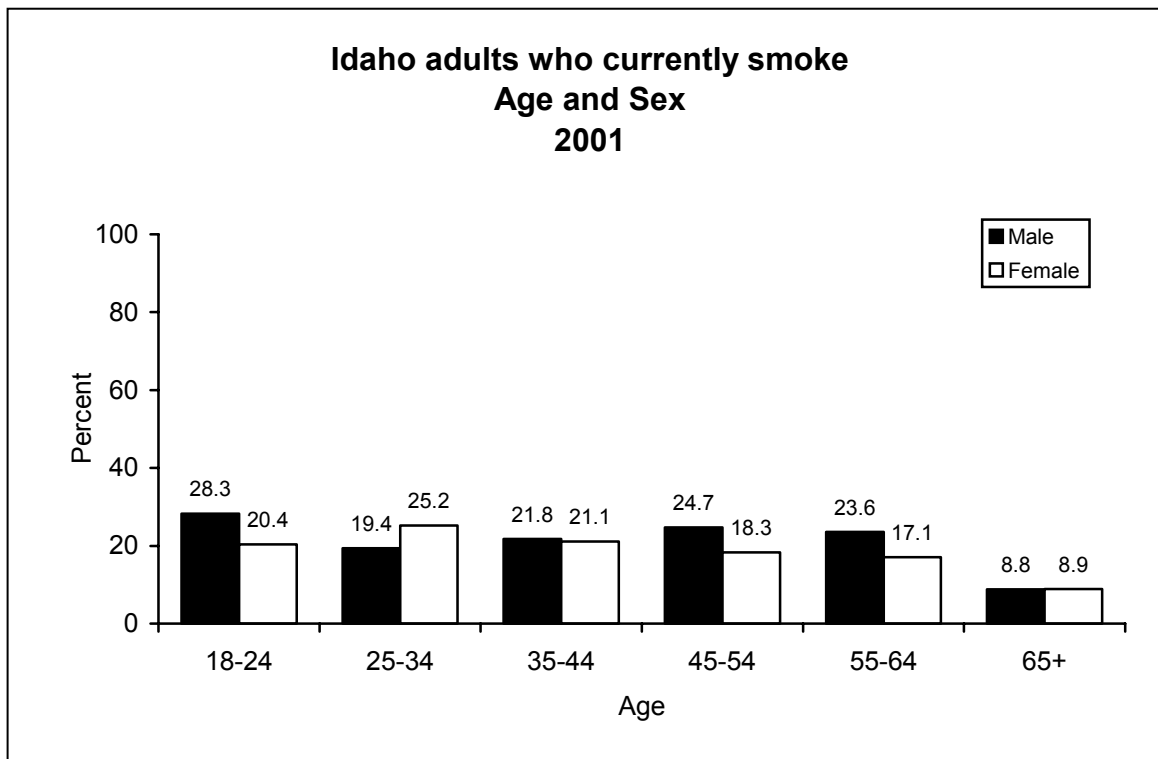
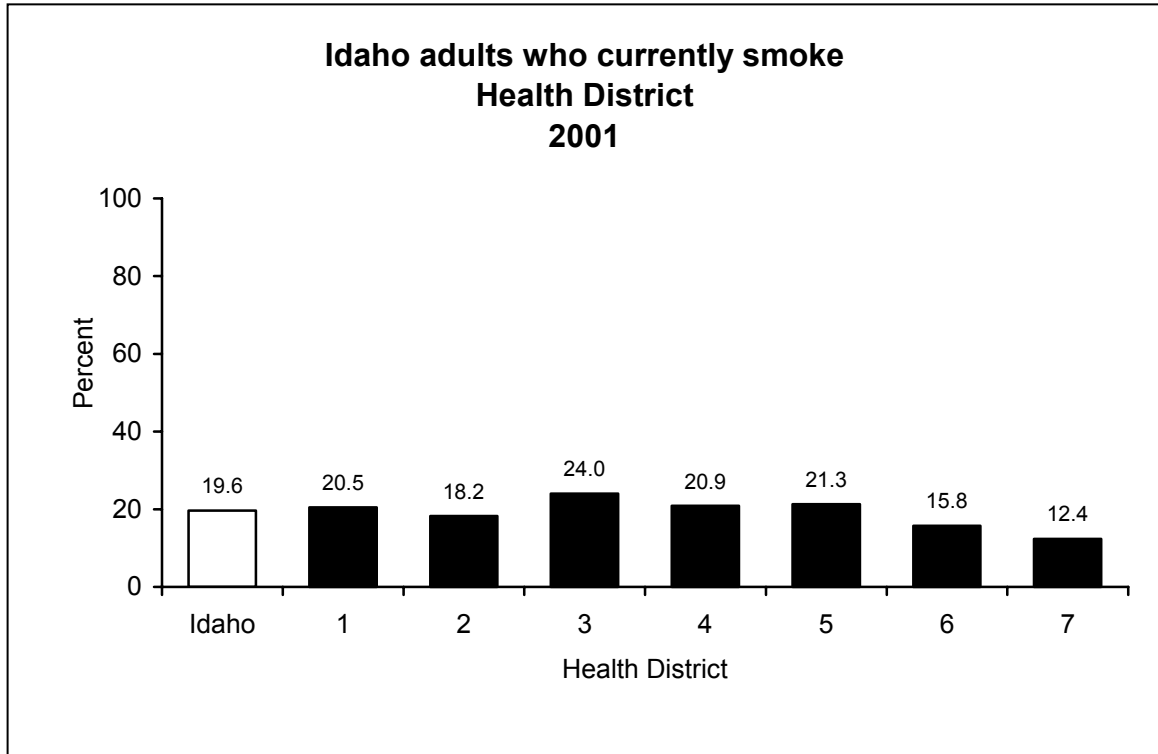
Smoking is a major risk factor for heart disease, stroke, chronic lung disease, and cancer and is the leading preventable risk factor for death in adults. Exposure to secondhand smoke also has serious health effects. Asthma and other respiratory conditions are often triggered or worsened by tobacco smoke (Centers for Disease Control and Prevention, 2001).

## Summary

- Men and women are equally likely to be current smokers.
- Smoking decreases as household income or education increases.
- Two out of five (43.4 percent) of unemployed adults are current smokers compared with one in five (20.2 percent) of employed adults.
- Those 18-64 are twice as likely (21.9 percent) to smoke than those 65 and older (8.9 percent).



# Cigarette Smoking





# Cigarette Smoking

## Idaho adults who currently smoke, 2001

	State				Health District											
					District 1				District 2			District 3				
	%	95% CI		N	%	95% CI		N	%	95% CI		N	%	95% CI		N
TOTAL	19.6	18.2	21.0	4,823	20.6	17.2	23.9	688	18.2	14.9	21.5	683	24.0	20.3	27.7	680
SEX																
Male	21.0	18.8	23.2	2,064	20.3	15.1	25.5	274	19.8	15.1	24.5	316	26.2	20.5	31.9	293
Female	18.2	16.5	19.9	2,759	20.8	16.5	25.1	414	16.7	12.0	21.4	367	22.0	17.4	26.6	387
AGE																
18-24	24.4	19.3	29.5	485	29.3	16.2	42.4	55	18.4	7.2	29.5	88	30.2	17.5	42.9	64
25-34	22.2	19.1	25.3	859	26.7	16.7	36.7	97	19.5	11.7	27.3	112	21.3	13.9	28.7	144
35-44	21.4	18.5	24.3	1,003	21.7	14.8	28.6	156	17.8	11.1	24.5	132	24.5	16.0	32.9	124
45-54	21.6	18.4	24.7	866	16.7	10.2	23.2	134	26.2	17.8	34.6	126	32.4	23.2	41.6	122
55-64	20.3	16.4	24.2	620	24.4	14.8	34.0	93	19.0	10.2	27.8	83	30.1	19.3	40.9	80
65+	8.9	6.9	10.9	947	10.2	5.1	15.3	151	9.9	4.6	15.2	136	11.5	5.6	17.4	137
18-34	23.2	20.4	26.0	1,344	27.7	19.7	35.7	152	19.0	12.1	25.9	200	25.0	17.9	32.1	208
35-54	21.5	19.3	23.7	1,869	19.1	14.4	23.8	290	21.9	16.4	27.4	258	28.4	22.1	34.7	246
55+	13.7	11.7	15.7	1,567	16.0	10.9	21.1	244	13.6	8.9	18.3	219	18.8	13.1	24.5	217
SEX and AGE																
Male																
18-34	23.2	18.8	27.5	594	26.6	14.4	38.8	58	15.9	8.3	23.5	96	25.2	15.2	35.2	103
35-54	23.2	19.9	26.5	814	19.4	12.3	26.5	125	26.8	18.2	35.4	117	30.2	20.0	40.3	94
55+	15.6	12.1	19.0	641	14.8	6.8	22.8	89	15.8	8.4	23.2	101	22.5	13.5	31.5	95
Female																
18-34	23.2	19.5	26.9	750	28.9	18.7	39.1	94	22.4	11.0	33.7	104	24.9	15.1	34.7	105
35-54	19.8	17.1	22.5	1,055	18.8	12.5	25.1	165	16.9	10.6	23.2	141	26.7	19.2	34.1	152
55+	12.1	9.7	14.5	926	17.0	10.7	23.3	155	11.6	5.7	17.5	118	15.7	8.6	22.8	122
INCOME																
Less than \$15,000	31.0	26.3	35.7	606	38.9	26.7	51.1	82	24.5	12.9	36.1	110	35.9	24.3	47.5	97
\$15,000 - \$24,999	26.9	23.4	30.4	925	21.3	13.5	29.1	138	24.7	17.3	32.1	156	29.9	20.9	38.9	135
\$25,000 - \$34,999	19.4	16.3	22.5	757	25.4	16.6	34.2	110	16.1	8.3	23.9	92	28.6	19.6	37.6	122
\$35,000 - \$49,999	16.1	13.4	18.8	911	18.7	11.8	25.5	151	15.0	7.7	22.3	105	14.3	8.0	20.6	134
\$50,000+	13.4	11.0	15.8	1,148	12.6	6.4	18.8	133	14.0	8.1	19.9	146	16.6	9.6	23.5	132
EMPLOYMENT																
Employed	20.2	18.4	22.0	3,007	21.5	17.0	26.0	394	18.2	14.3	22.1	406	25.0	20.3	29.7	426
Unemployed	43.4	34.4	52.4	174	*	*	*	*	*	*	*	*	*	*	*	*
Other**	15.5	13.3	17.7	1,633	15.9	11.0	20.8	261	15.3	9.4	21.2	245	18.2	12.5	23.9	226
EDUCATION																
K-11th Grade	28.6	23.5	33.7	465	25.6	14.2	37.0	63	*	*	*	*	29.6	20.2	39.0	104
12th Grade or GED	26.8	24.1	29.5	1,557	22.7	16.8	28.6	255	23.9	17.0	30.8	226	30.4	23.7	37.1	242
Some College	17.1	14.9	19.3	1,504	23.0	16.7	29.3	208	19.2	13.7	24.7	216	20.5	14.2	26.7	195
College Graduate+	10.8	8.8	12.8	1,286	11.5	6.2	16.8	162	11.0	6.3	15.7	194	11.2	5.1	17.3	137

\*Figure not reliable by BRFSS standards (N<50)

\*\*Other includes students, homemakers, retirees, and persons unable to work

# Cigarette Smoking

## Idaho adults who currently smoke, 2001

	Health District															
	District 4				District 5				District 6				District 7			
	%	95% CI		N	%	95% CI		N	%	95% CI		N	%	95% CI		N
TOTAL	20.9	17.6	24.2	693	21.3	18.0	24.6	683	15.8	12.9	18.7	698	12.4	9.9	14.9	698
SEX																
Male	23.4	17.7	29.1	288	21.1	16.0	26.2	285	16.4	11.9	20.9	295	15.1	11.0	19.2	313
Female	18.6	14.5	22.7	405	21.4	17.1	25.7	398	15.3	11.7	18.8	403	9.9	6.9	12.9	385
AGE																
18-24	*	*	*	*	26.4	15.4	37.4	77	14.9	5.9	23.9	79	14.0	6.7	21.3	79
25-34	23.4	16.1	30.7	149	30.6	21.4	39.8	113	19.3	12.2	26.4	127	11.6	5.7	17.4	117
35-44	21.8	15.1	28.5	160	26.4	18.6	34.2	138	21.4	14.3	28.5	141	13.4	7.9	18.9	152
45-54	25.6	17.7	33.4	136	17.6	10.2	25.0	109	14.0	7.7	20.2	122	13.3	6.8	19.8	117
55-64	21.9	11.7	32.1	89	15.2	7.8	22.6	104	14.0	6.2	21.8	86	10.2	2.8	17.6	85
65+	3.0	0.0	6.0	104	12.2	6.5	17.9	139	8.8	3.9	13.7	138	10.7	5.0	16.4	142
18-34	26.5	19.0	33.9	192	29.0	21.9	36.1	190	17.5	11.9	23.1	206	12.8	8.2	17.4	196
35-54	23.5	18.4	28.6	296	22.2	16.7	27.6	247	17.8	13.1	22.5	263	13.4	9.2	17.6	269
55+	11.6	6.5	16.7	193	13.4	8.9	17.9	243	10.9	6.6	15.2	224	10.5	6.0	15.0	227
SEX and AGE																
Male																
18-34	27.2	15.4	39.0	77	22.8	13.2	32.4	85	21.4	12.2	30.6	88	16.1	8.7	23.5	87
35-54	27.3	19.4	35.2	137	23.0	14.6	31.4	109	14.0	7.3	20.7	105	15.3	8.8	21.8	127
55+	12.3	3.3	21.3	71	17.4	9.2	25.6	89	13.2	6.1	20.3	101	13.6	5.6	21.6	95
Female																
18-34	25.7	16.7	34.7	115	35.8	25.5	46.1	105	13.3	7.4	19.2	118	9.4	3.9	14.9	109
35-54	19.5	13.0	26.0	159	21.3	14.3	28.3	138	21.7	15.2	28.2	158	11.5	6.2	16.8	142
55+	11.0	5.5	16.5	122	10.1	5.4	14.8	154	9.1	3.7	14.5	123	7.8	3.1	12.5	132
INCOME																
Less than \$15,000	32.7	18.0	47.4	56	39.8	27.6	52.0	83	24.9	14.7	35.1	91	16.0	8.0	24.0	87
\$15,000 - \$24,999	31.6	21.2	41.9	104	30.8	22.7	38.8	151	20.6	13.3	27.8	134	24.9	15.6	34.2	107
\$25,000 - \$34,999	17.2	9.9	24.5	109	14.9	8.0	21.8	110	13.0	6.7	19.3	104	16.4	8.8	24.0	110
\$35,000 - \$49,999	21.0	13.0	29.0	119	15.8	9.5	22.1	139	13.6	7.7	19.5	139	7.3	2.6	12.0	124
\$50,000+	14.7	9.8	19.6	248	13.8	7.3	20.3	132	12.8	7.5	18.1	167	6.6	3.1	10.1	190
EMPLOYMENT																
Employed	22.4	18.1	26.7	477	20.1	16.2	24.0	449	18.1	14.2	22.0	425	11.1	8.0	14.2	430
Unemployed	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Other**	14.7	9.4	20.0	193	20.8	14.9	26.7	215	10.0	6.3	13.7	247	13.1	8.6	17.6	246
EDUCATION																
K-11th Grade	*	*	*	*	30.7	20.7	40.7	92	29.2	17.4	40.9	63	13.5	3.2	23.8	52
12th Grade or GED	35.0	26.8	43.2	173	27.1	20.8	33.4	225	20.6	14.7	26.5	217	20.4	14.7	26.0	219
Some College	16.5	11.2	21.8	216	19.5	13.4	25.6	203	13.3	8.8	17.8	245	8.0	4.5	11.5	221
College Graduate+	12.5	8.2	16.8	256	9.7	4.8	14.6	161	7.9	3.8	12.0	172	8.1	4.2	12.0	204

\*Figure not reliable by BRFSS standards (N<50)

\*\*Other includes students, homemakers, retirees, and persons unable to work

# Chronic Drinking

**Question:** During the past 30 days, how often have you had at least one drink of any alcoholic beverage? On the days when you drank, about how many drinks did you drink on the average?

*Note: The series of questions asked of respondents to determine chronic drinking changed in 2001.*

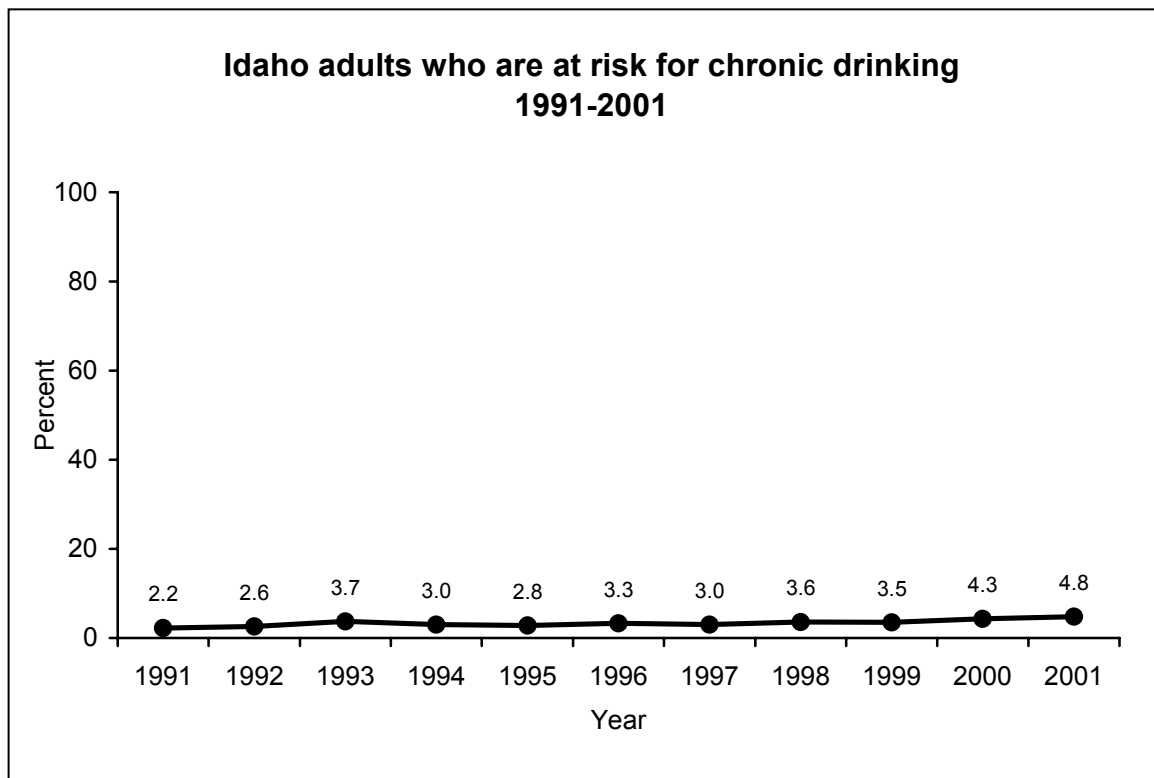
Appendix A, p. 78

Definition: Chronic drinking is defined as consuming 60 or more drinks of alcohol per month.

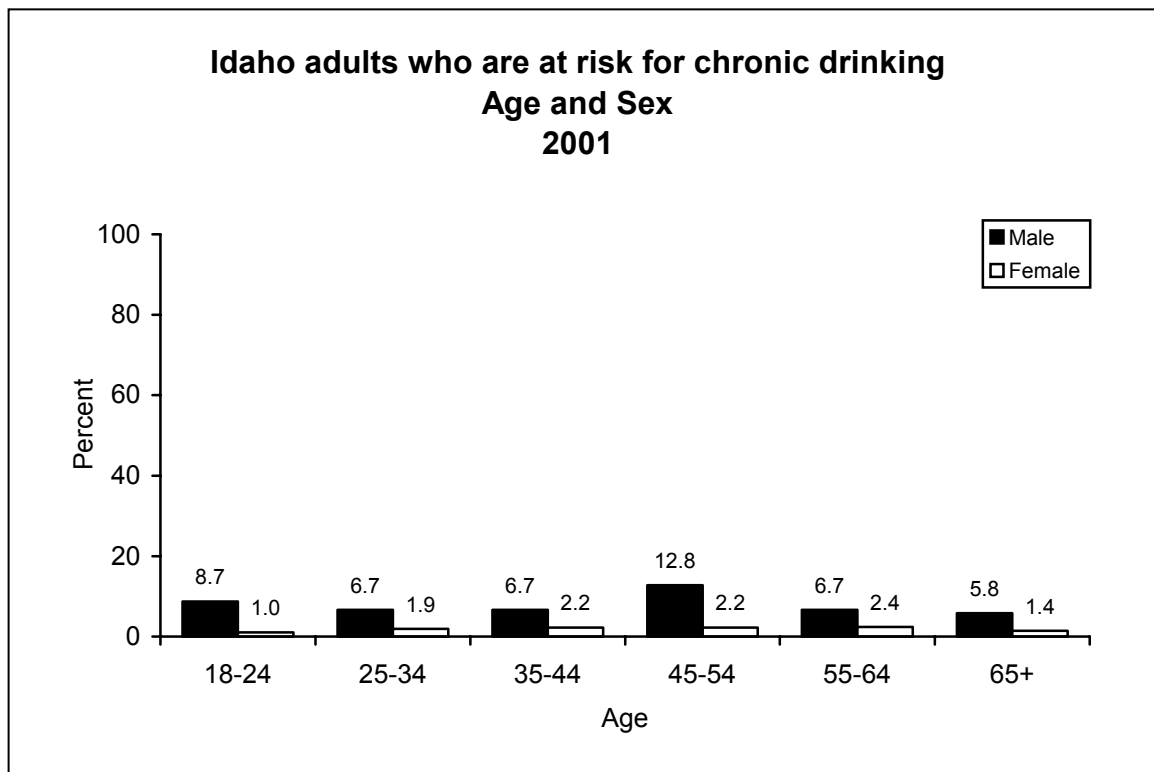
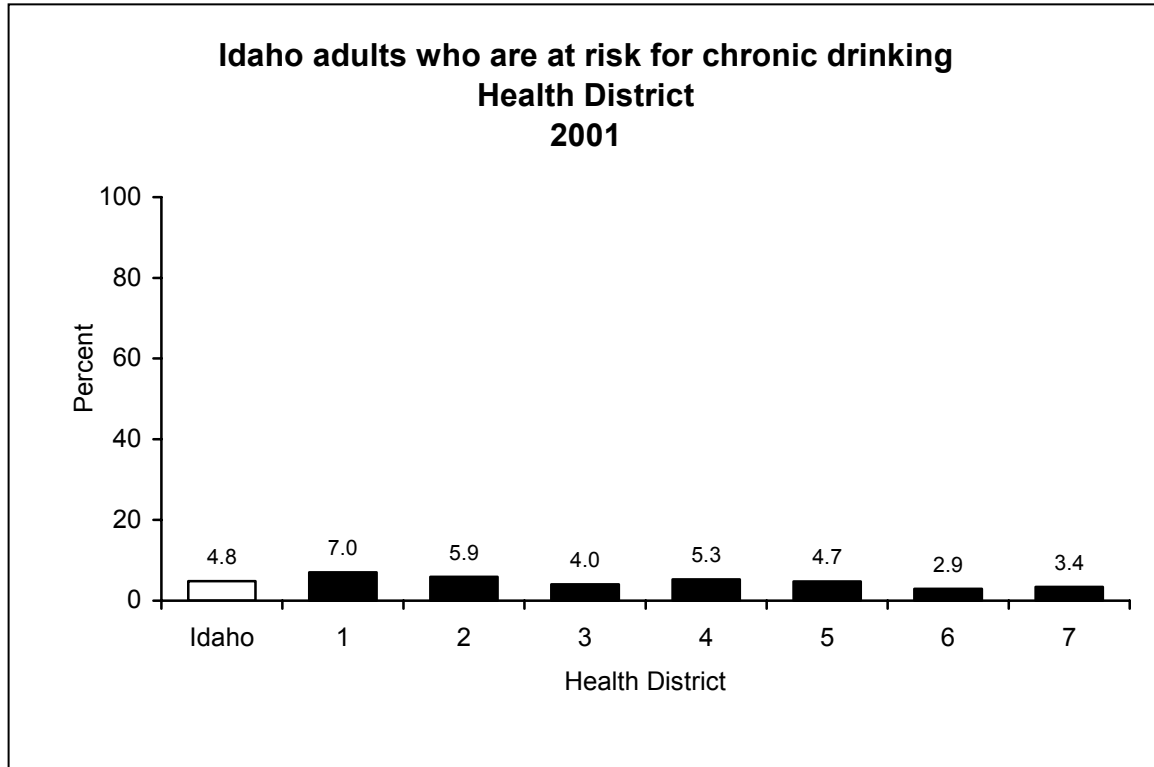
Chronic drinking may have serious health consequences, including nutritional deficiencies, impaired functioning of vital organs, and Fetal Alcohol Syndrome associated with alcohol use during pregnancy. Sustained heavy alcohol consumption is the leading cause of cirrhosis, 1 of the 10 leading causes of death in the United States (U.S. Department of Health and Human Services, November 2000).

## Summary

- Men have a higher prevalence of chronic drinking (8.0 percent) than women (1.8 percent).
- The highest at-risk age for chronic drinking is the 45-54 age group (7.5 percent).



# Chronic Drinking



# Chronic Drinking

Idaho adults who are at risk for chronic drinking, 2001

	State				Health District											
					District 1				District 2				District 3			
	%	95% CI		N	%	95% CI		N	%	95% CI		N	%	95% CI		N
TOTAL	4.9	4.1	5.6	4,782	7.0	4.8	9.2	683	5.9	3.9	7.9	675	4.0	2.2	5.8	672
SEX																
Male	8.0	6.6	9.4	2,039	12.4	8.3	16.5	269	8.9	5.6	12.2	309	6.9	3.6	10.2	285
Female	1.8	1.2	2.4	2,743	2.0	0.6	3.4	414	3.1	1.3	4.9	366	1.3	0.1	2.4	387
AGE																
18-24	4.9	2.5	7.3	477	12.4	3.6	21.2	54	6.3	1.0	11.6	86	5.1	0.0	12.0	63
25-34	4.4	2.8	6.0	851	3.6	0.0	7.9	96	2.9	0.0	6.4	110	2.4	0.0	4.9	143
35-44	4.5	2.9	6.1	996	8.4	3.5	13.3	155	3.4	0.6	6.1	130	3.4	0.0	6.9	123
45-54	7.5	5.4	9.6	865	9.4	3.7	15.1	134	12.7	6.4	19.0	127	6.4	1.6	11.1	121
55-64	4.5	2.7	6.3	615	5.1	0.0	10.2	91	7.8	1.7	13.9	83	2.2	0.0	4.7	78
65+	3.3	1.9	4.7	937	4.0	0.7	7.3	151	3.3	0.0	6.6	134	4.3	0.4	8.2	135
18-34	4.6	3.2	6.0	1,328	7.0	2.7	11.3	150	4.6	1.5	7.7	196	3.5	0.2	6.8	206
35-54	5.9	4.7	7.1	1,861	8.9	5.2	12.6	289	8.0	4.5	11.5	257	4.9	2.0	7.8	244
55+	3.8	2.7	4.9	1,552	4.4	1.5	7.3	242	5.1	2.0	8.2	217	3.5	1.0	6.0	213
SEX and AGE																
Male																
18-34	7.5	5.0	10.0	582	12.7	4.3	21.1	55	8.3	2.4	14.2	93	6.0	0.0	12.1	101
35-54	9.7	7.3	12.1	810	15.3	8.2	22.4	125	11.7	5.6	17.8	115	7.0	1.7	12.3	92
55+	6.2	4.2	8.2	634	7.7	1.8	13.6	87	5.9	0.8	11.0	100	7.9	2.0	13.8	91
Female																
18-34	1.5	0.6	2.4	746	1.4	0.0	3.4	95	0.4	0.0	1.2	103	0.9	0.0	2.7	105
35-54	2.2	1.4	3.0	1,051	2.8	0.1	5.5	164	4.2	1.1	7.3	142	2.8	0.0	5.7	152
55+	1.8	0.8	2.8	918	1.6	0.0	3.6	155	4.4	0.5	8.3	117	0.0	0.0	0.0	122
INCOME																
Less than \$15,000	4.2	2.2	6.2	606	9.6	2.7	16.5	82	2.7	0.0	5.8	109	5.9	0.0	12.2	97
\$15,000 - \$24,999	5.8	3.8	7.8	909	8.6	3.5	13.7	136	5.2	1.5	8.9	153	4.3	0.4	8.2	130
\$25,000 - \$34,999	4.5	2.7	6.3	752	5.4	0.5	10.3	108	6.9	1.0	12.8	92	2.2	0.0	4.7	121
\$35,000 - \$49,999	5.5	3.7	7.3	907	7.9	3.0	12.8	151	7.9	2.4	13.4	105	5.9	1.4	10.4	133
\$50,000+	4.9	3.4	6.4	1,143	4.7	0.6	8.8	132	6.8	2.7	10.9	145	3.1	0.0	6.2	131
EMPLOYMENT																
Employed	5.6	4.6	6.6	2,979	8.0	5.0	10.9	389	6.0	3.5	8.5	401	4.6	2.2	7.0	420
Unemployed	7.9	3.4	12.4	173	*	*	*	*	*	*	*	*	*	*	*	*
Other**	3.0	2.0	4.0	1,621	3.2	1.0	5.4	261	4.9	2.2	7.6	243	3.3	0.6	6.0	224
EDUCATION																
K-11th Grade	2.8	1.2	4.4	457	8.0	0.4	15.6	62	*	*	*	*	3.3	0.0	6.8	102
12th Grade or GED	5.2	4.0	6.4	1,540	6.8	3.5	10.1	255	8.3	4.6	12.0	223	4.6	1.7	7.5	237
Some College	4.8	3.4	6.2	1,496	8.6	4.0	13.2	206	6.3	2.6	10.0	216	4.2	0.5	7.9	194
College Graduate+	5.2	3.8	6.6	1,279	4.7	1.4	8.0	160	3.4	0.9	5.9	191	3.1	0.0	6.2	137

\*Figure not reliable by BRFSS standards (N<50)

\*\*Other includes students, homemakers, retirees, and persons unable to work

# Chronic Drinking

Idaho adults who are at risk for chronic drinking, 2001

	Health District															
	District 4				District 5				District 6			District 7				
	%	95% CI		N	%	95% CI		N	%	95% CI		N	%	95% CI		N
TOTAL	5.3	3.5	7.1	687	4.8	3.0	6.5	678	2.9	1.5	4.3	692	3.4	2.0	4.8	695
SEX																
Male	9.1	5.8	12.4	287	6.9	4.0	9.8	285	3.9	1.4	6.4	291	5.9	3.1	8.6	313
Female	1.6	0.4	2.8	400	2.7	0.9	4.5	393	1.9	0.5	3.3	401	1.1	0.1	2.1	382
AGE																
18-24	*	*	*	*	3.8	0.0	8.1	75	3.9	0.0	8.9	77	1.6	0.0	4.1	79
25-34	5.6	1.6	9.5	148	3.9	0.0	7.8	110	4.9	0.4	9.4	127	5.7	0.8	10.6	117
35-44	4.6	1.3	7.9	160	3.4	0.1	6.7	137	3.9	0.2	7.6	140	2.9	0.4	5.4	151
45-54	9.0	3.9	14.1	134	7.4	2.2	12.6	110	1.9	0.0	4.3	122	4.6	0.9	8.3	117
55-64	5.3	1.0	9.6	88	5.3	1.2	9.4	104	0.7	0.0	2.1	86	4.9	0.5	9.3	85
65+	3.1	0.0	6.6	102	4.7	0.8	8.6	139	1.4	0.0	3.4	136	1.3	0.0	3.2	140
18-34	4.8	1.5	8.1	191	3.9	1.0	6.8	185	4.5	1.2	7.8	204	3.7	1.0	6.4	196
35-54	6.6	3.7	9.5	294	5.4	2.3	8.5	247	3.0	0.6	5.4	262	3.7	1.3	6.1	268
55+	4.1	1.4	6.8	190	4.9	2.0	7.8	243	1.1	0.0	2.3	222	2.9	0.7	5.1	225
SEX and AGE																
Male																
18-34	8.0	1.7	14.2	77	4.3	0.6	8.0	83	6.7	0.5	12.9	86	6.7	1.3	12.1	87
35-54	12.2	6.7	17.7	137	7.2	2.0	12.4	110	3.5	0.0	7.2	104	6.1	1.8	10.4	127
55+	5.4	0.9	9.9	70	9.3	3.4	15.2	90	1.1	0.0	3.3	101	4.6	0.5	8.7	95
Female																
18-34	1.6	0.0	3.4	114	3.4	0.0	7.9	102	2.2	0.0	4.7	118	0.7	0.0	2.1	109
35-54	0.8	0.0	1.8	157	3.5	0.4	6.6	137	2.4	0.0	4.9	158	1.4	0.0	3.0	141
55+	3.0	0.0	6.3	120	1.2	0.0	2.6	153	1.1	0.0	2.4	121	1.4	0.0	3.4	130
INCOME																
Less than \$15,000	1.6	0.0	4.7	56	4.4	0.0	9.9	83	1.7	0.0	4.1	91	3.5	0.0	7.8	88
\$15,000 - \$24,999	6.5	0.4	12.6	103	6.1	2.2	10.0	150	4.0	0.0	8.3	131	4.7	0.6	8.8	106
\$25,000 - \$34,999	6.1	1.7	10.5	109	4.0	0.0	8.1	108	2.0	0.0	5.7	104	4.2	0.3	8.1	110
\$35,000 - \$49,999	5.3	1.4	9.2	118	4.7	0.7	8.6	137	2.6	0.0	5.1	139	4.8	0.7	8.9	124
\$50,000+	6.4	3.3	9.5	247	5.3	1.3	9.3	132	3.1	0.2	6.0	166	2.2	-0.1	4.5	190
EMPLOYMENT																
Employed	6.2	4.0	8.4	473	5.3	3.1	7.5	444	4.2	2.0	6.4	423	4.3	2.3	6.3	429
Unemployed	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Other**	3.3	0.4	6.2	191	4.0	1.1	6.9	215	0.3	0.0	0.9	244	1.5	0.1	2.8	243
EDUCATION																
K-11th Grade	*	*	*	*	3.3	0.0	7.2	92	1.7	0.0	4.0	63	0.0	0.0	0.0	51
12th Grade or GED	4.4	1.7	7.1	171	3.8	1.2	6.4	223	4.2	1.1	7.3	214	5.0	2.1	7.9	217
Some College	5.1	1.8	8.4	216	5.7	2.0	9.4	200	0.6	0.0	1.8	243	2.7	0.3	5.1	221
College Graduate+	7.1	4.0	10.2	255	5.8	2.1	9.5	161	4.2	0.5	7.9	171	3.3	0.8	5.8	204

\*Figure not reliable by BRFSS standards (N<50)

\*\*Other includes students, homemakers, retirees, and persons unable to work

# Binge Drinking

**Question:** Considering all types of alcoholic beverages, how many times during the past 30 days did you have five or more drinks on an occasion?

*Note: Binge drinking was titled acute drinking and the series of questions asked of respondents to determine chronic drinking changed in 2001.*

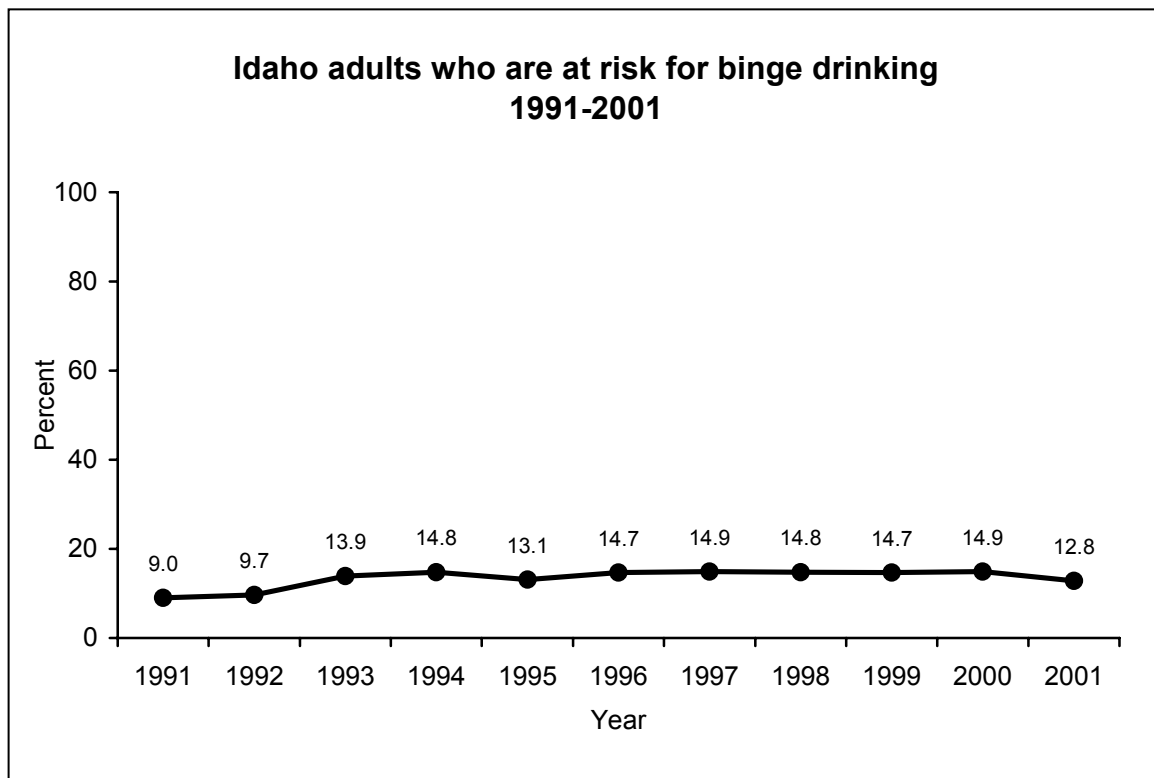
Appendix A, p. 78

Definition: Being at risk for binge drinking is defined as consuming five or more drinks of alcohol (where a drink is defined as one can or bottle of beer, one glass of wine, one can or bottle of wine cooler, one cocktail, or one shot of liquor) on one or more occasions in the past 30 days.

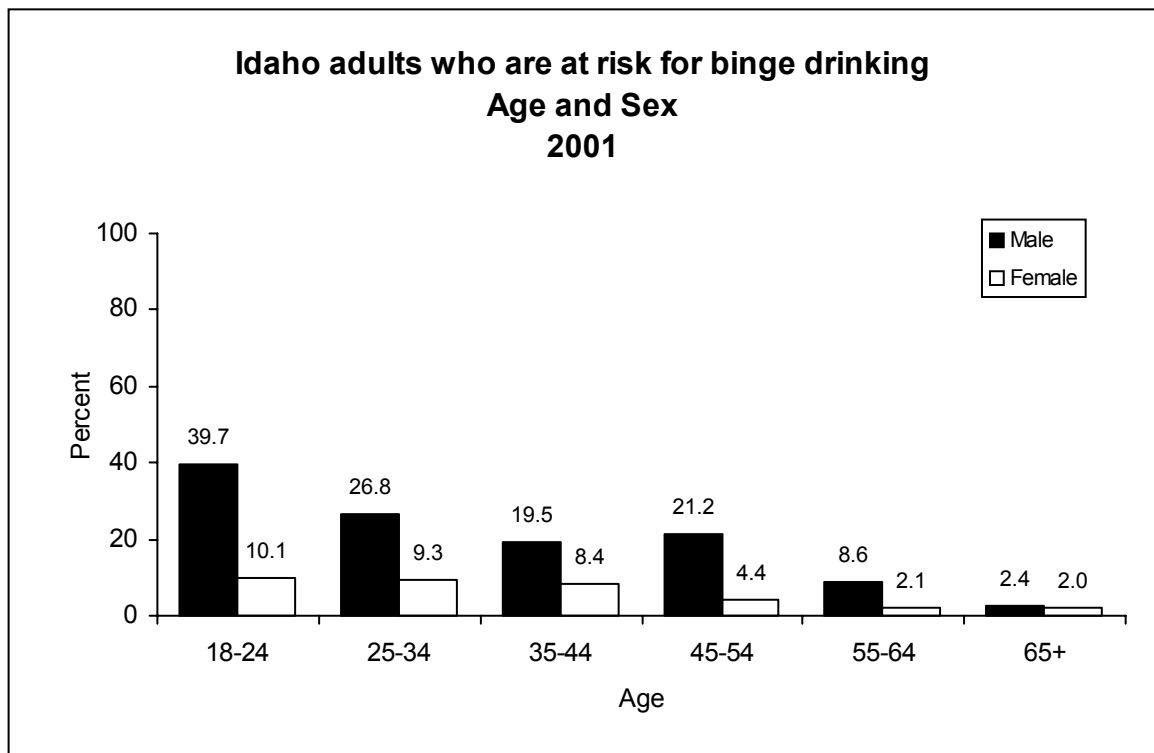
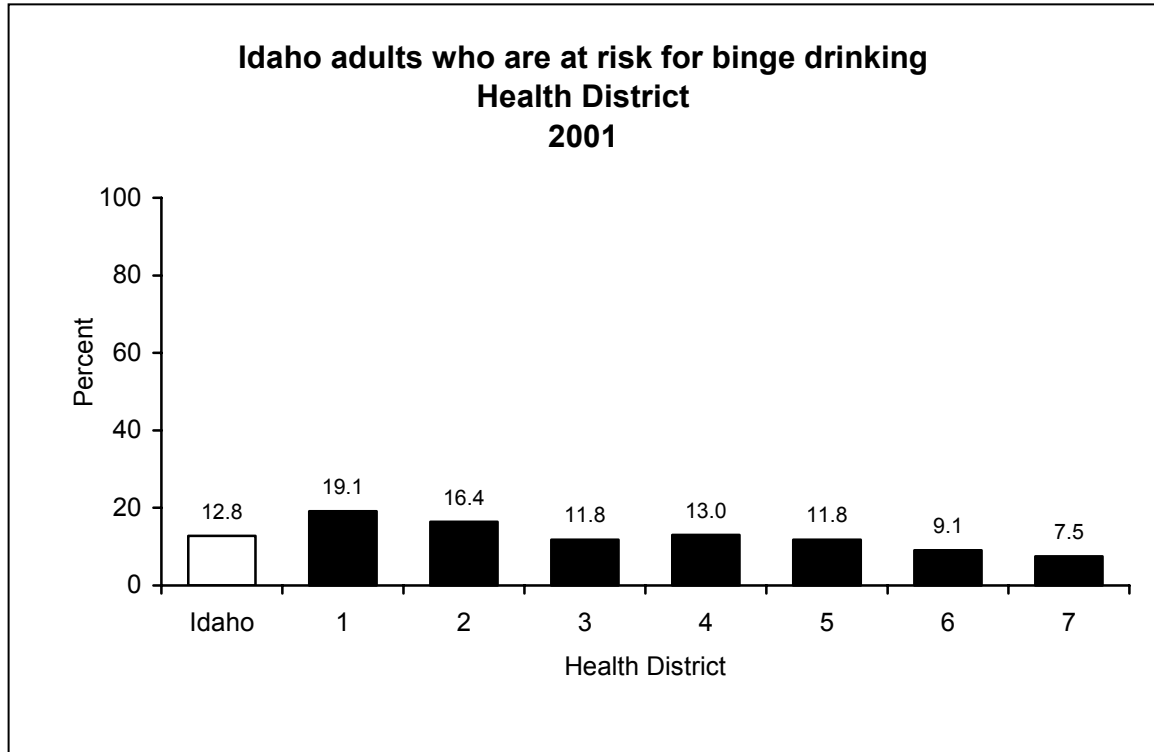
Binge drinking is a national problem, especially among males and young adults. National guidelines advise one or fewer drinks of alcohol per day for women and two or fewer drinks per day for men (U.S. Department of Health and Human Services, November 2000).

## Summary

- Males are more at risk for binge drinking (19.9 percent) than females (6.0 percent).
- The risk for binge drinking decreases with age.
- Over one-fourth (26.4 percent) of unemployed are at risk for binge drinking.



# Binge Drinking





# Binge Drinking

Idaho adults who are at risk for binge drinking, 2001

	State				Health District											
					District 1				District 2				District 3			
	%	95% CI		N	%	95% CI		N	%	95% CI		N	%	95% CI		N
TOTAL	12.8	11.6	14.0	4,788	19.1	15.6	22.6	684	16.4	13.3	19.5	677	11.8	9.0	14.6	674
SEX																
Male	19.9	17.7	22.1	2,041	30.9	24.8	37.0	269	23.7	18.4	28.9	311	19.7	14.5	24.9	287
Female	6.0	5.0	7.0	2,747	8.1	4.9	11.2	415	9.2	6.3	12.1	366	4.6	2.4	6.8	387
AGE																
18-24	25.3	20.0	30.6	483	46.3	32.1	60.5	56	34.5	22.3	46.7	88	30.3	17.7	42.9	64
25-34	18.2	15.1	21.3	853	21.5	11.3	31.7	96	17.9	9.7	26.1	111	16.2	9.9	22.5	144
35-44	13.9	11.4	16.4	994	19.8	13.1	26.5	154	17.3	10.6	24.0	130	11.2	4.3	18.1	123
45-54	12.9	10.4	15.4	862	24.4	16.4	32.4	133	18.2	10.9	25.5	126	11.0	4.9	17.1	121
55-64	5.3	3.3	7.2	617	6.4	1.1	11.6	92	6.4	1.1	11.7	83	5.7	0.6	10.7	79
65+	2.2	1.0	3.4	938	4.1	0.4	7.8	151	3.7	0.1	7.2	134	1.0	0.0	3.0	134
18-34	21.2	18.3	24.1	1,336	31.4	22.7	40.0	152	26.0	18.6	33.4	199	22.1	15.6	28.6	208
35-54	13.4	11.6	15.2	1,856	22.2	16.9	27.5	287	17.7	12.8	22.6	256	11.1	6.6	15.6	244
55+	3.5	2.5	4.5	1,555	5.0	1.9	8.1	243	4.8	1.9	7.7	217	2.9	0.5	5.2	213
SEX and AGE																
Male																
18-34	32.3	27.4	37.2	588	45.7	31.9	59.4	57	35.6	24.8	46.4	96	35.5	24.9	46.1	103
35-54	20.3	17.2	23.4	805	37.1	27.9	46.3	123	26.4	18.0	34.8	114	17.7	9.3	26.1	92
55+	5.2	3.4	7.0	635	9.1	2.8	15.4	87	5.8	0.9	10.7	100	4.4	0.1	8.7	91
Female																
18-34	9.7	7.3	12.1	748	16.6	7.2	26.0	95	15.3	8.2	22.4	103	7.6	2.1	13.1	105
35-54	6.5	4.7	8.3	1,051	8.1	4.0	12.2	164	9.0	4.3	13.7	142	4.8	1.3	8.3	152
55+	2.0	0.8	3.2	920	1.6	0.0	3.6	156	3.9	0.4	7.4	117	1.6	0.0	4.0	122
INCOME																
Less than \$15,000	11.1	7.3	14.8	605	17.5	7.9	27.1	82	18.4	9.3	27.5	111	7.9	0.6	15.2	96
\$15,000 - \$24,999	13.2	10.5	15.9	913	16.5	9.1	23.9	136	17.7	10.8	24.6	154	10.9	4.0	17.8	132
\$25,000 - \$34,999	15.4	11.8	18.9	755	16.3	8.5	24.1	109	23.5	12.3	34.7	91	15.8	8.2	23.4	122
\$35,000 - \$49,999	12.2	9.8	14.6	904	23.4	16.0	30.8	151	16.9	9.5	24.3	105	12.3	6.2	18.4	132
\$50,000+	12.3	10.1	14.5	1,143	21.0	13.0	29.0	131	14.9	9.0	20.8	146	13.1	7.0	19.2	132
EMPLOYMENT																
Employed	15.5	13.9	17.1	2,982	23.7	18.8	28.6	390	19.2	15.0	23.3	402	15.8	11.7	19.9	422
Unemployed	26.5	18.0	34.9	173	*	*	*	*	*	*	*	*	*	*	*	*
Other**	5.8	4.0	7.6	1,624	8.9	4.6	13.2	261	11.8	6.5	17.1	244	3.8	0.8	6.7	224
EDUCATION																
K-11th Grade	9.0	6.1	11.9	459	17.9	6.1	29.6	63	*	*	*	*	10.1	4.0	16.2	102
12th Grade or GED	14.6	12.4	16.8	1,538	19.2	13.3	25.1	253	16.8	11.5	22.1	223	15.0	9.7	20.3	238
Some College	13.2	10.8	15.6	1,500	22.3	15.8	28.7	208	16.7	10.6	22.8	216	11.3	5.9	16.7	194
College Graduate+	11.5	9.3	13.6	1,281	15.1	8.8	21.4	160	15.9	9.8	22.0	192	8.2	3.3	13.1	138

\*Figure not reliable by BRFSS standards (N<50)

\*\*Other includes students, homemakers, retirees, and persons unable to work

# Binge Drinking

Idaho adults who are at risk for binge drinking, 2001

	Health District											
	District 4				District 5				District 6			
	%	95% CI		N	%	95% CI		N	%	95% CI		N
<b>TOTAL</b>	<b>13.0</b>	9.9	16.1	685	<b>11.8</b>	9.1	14.5	678	<b>9.2</b>	6.8	11.5	695
<b>SEX</b>												
Male	<b>20.1</b>	14.6	25.6	285	<b>18.1</b>	13.4	22.8	283	<b>12.1</b>	8.0	16.2	293
Female	<b>6.3</b>	3.7	8.8	400	<b>5.8</b>	3.3	8.3	395	<b>6.3</b>	3.9	8.7	402
<b>AGE</b>												
18-24	*	*	*	*	<b>24.4</b>	14.0	34.8	75	<b>15.5</b>	6.1	24.9	78
25-34	<b>23.1</b>	15.7	30.5	147	<b>17.4</b>	9.6	25.2	111	<b>14.6</b>	7.9	21.2	127
35-44	<b>13.3</b>	7.8	18.8	160	<b>14.6</b>	8.1	21.1	136	<b>11.5</b>	6.1	16.9	140
45-54	<b>9.9</b>	4.6	15.2	134	<b>12.2</b>	5.4	19.0	110	<b>8.0</b>	3.1	12.9	122
55-64	<b>4.7</b>	0.4	9.0	88	<b>5.5</b>	1.0	10.0	104	<b>3.6</b>	0.0	7.7	86
65+	<b>2.4</b>	0.0	5.7	101	<b>1.1</b>	0.0	2.6	139	<b>1.0</b>	0.0	2.4	138
18-34	<b>23.7</b>	16.1	31.3	190	<b>20.1</b>	13.8	26.4	186	<b>14.9</b>	9.4	20.4	205
35-54	<b>11.8</b>	7.8	15.7	294	<b>13.4</b>	8.7	18.1	246	<b>9.8</b>	6.2	13.4	262
55+	<b>3.5</b>	0.8	6.2	189	<b>2.8</b>	0.8	4.8	243	<b>2.1</b>	0.1	4.1	224
<b>SEX and AGE</b>												
Male												
18-34	<b>36.6</b>	23.5	49.7	75	<b>30.9</b>	20.5	41.3	83	<b>20.3</b>	10.9	29.7	87
35-54	<b>18.0</b>	11.5	24.5	137	<b>17.7</b>	10.1	25.3	108	<b>11.1</b>	5.4	16.8	104
55+	<b>3.1</b>	0.0	6.8	70	<b>6.1</b>	1.8	10.4	90	<b>3.3</b>	0.0	7.2	102
Female												
18-34	<b>10.4</b>	4.9	15.9	115	<b>8.5</b>	2.4	14.6	103	<b>9.3</b>	4.2	14.4	118
35-54	<b>5.2</b>	1.3	9.1	157	<b>9.2</b>	3.9	14.5	138	<b>8.4</b>	3.7	13.1	158
55+	<b>3.8</b>	0.1	7.5	119	<b>0.0</b>	0.0	0.0	153	<b>1.1</b>	0.0	2.7	122
<b>INCOME</b>												
Less than \$15,000	<b>10.4</b>	0.0	24.5	55	<b>10.6</b>	2.6	18.6	82	<b>9.9</b>	1.1	18.7	91
\$15,000 - \$24,999	<b>16.0</b>	7.8	24.2	103	<b>10.2</b>	5.1	15.3	149	<b>7.7</b>	2.6	12.8	133
\$25,000 - \$34,999	<b>18.7</b>	8.7	28.7	109	<b>13.9</b>	7.2	20.5	110	<b>7.3</b>	2.0	12.5	104
\$35,000 - \$49,999	<b>6.5</b>	1.4	11.6	117	<b>10.8</b>	4.9	16.7	136	<b>11.1</b>	5.8	16.4	139
\$50,000+	<b>11.1</b>	7.2	15.0	246	<b>13.9</b>	7.4	20.4	132	<b>10.6</b>	5.7	15.5	166
<b>EMPLOYMENT</b>												
Employed	<b>14.1</b>	10.6	17.6	474	<b>15.2</b>	11.5	18.9	443	<b>12.4</b>	8.9	15.9	423
Unemployed	*	*	*	*	*	*	*	*	*	*	*	*
Other**	<b>7.4</b>	1.7	13.1	189	<b>3.1</b>	0.7	5.5	216	<b>2.4</b>	0.4	4.4	246
<b>EDUCATION</b>												
K-11th Grade	*	*	*	*	<b>12.1</b>	4.3	19.9	90	<b>5.7</b>	0.0	12.0	64
12th Grade or GED	<b>13.4</b>	7.9	18.9	169	<b>12.2</b>	7.6	16.7	223	<b>13.2</b>	7.9	18.5	215
Some College	<b>15.5</b>	8.9	22.0	216	<b>9.6</b>	4.9	14.3	201	<b>8.0</b>	4.4	11.5	244
College Graduate+	<b>12.9</b>	8.2	17.6	254	<b>14.0</b>	8.1	19.9	162	<b>6.5</b>	2.6	10.4	171

\*Figure not reliable by BRFSS standards (N<50)

\*\*Other includes students, homemakers, retirees, and persons unable to work

# Overweight

## **Question: About how much do you weigh without shoes? About how tall are you without shoes?**

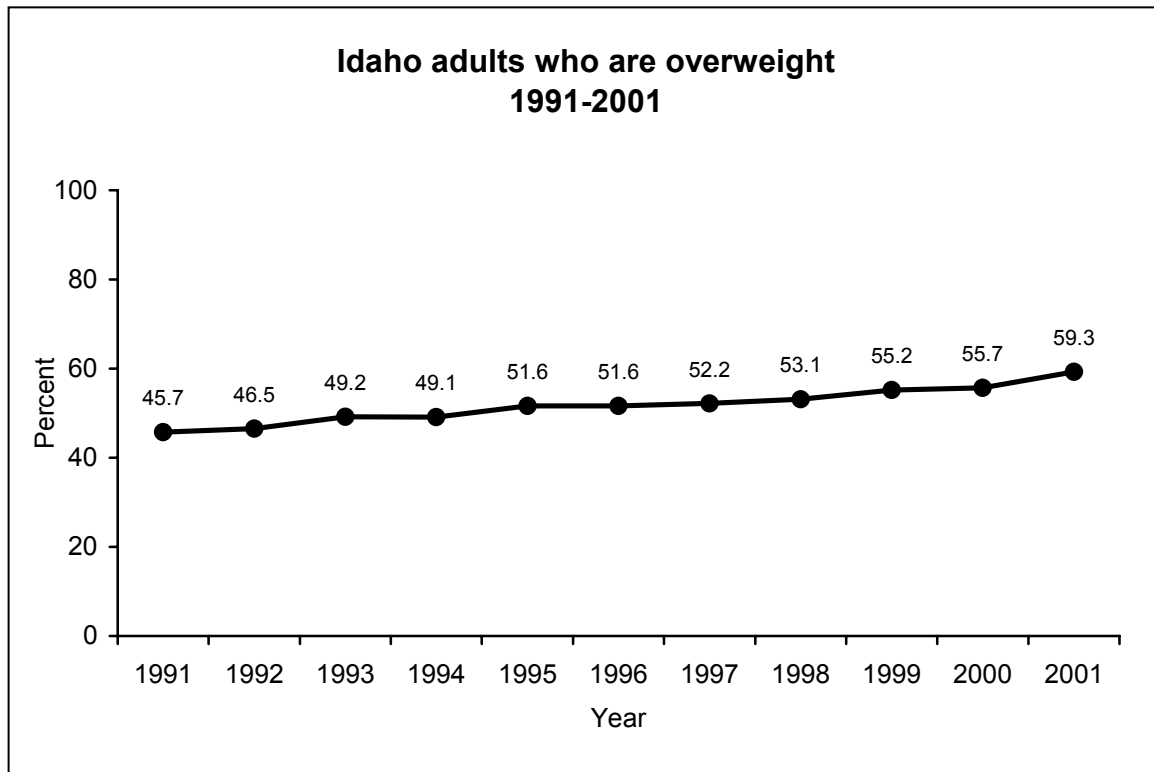
Appendix A, p. 79

Definition: The BRFSS uses self-reported weight and height to calculate the Body Mass Index (BMI), defined as weight in kilograms divided by the square of height in meters. A BMI of greater than or equal to 25.0 for both men and women is considered overweight.

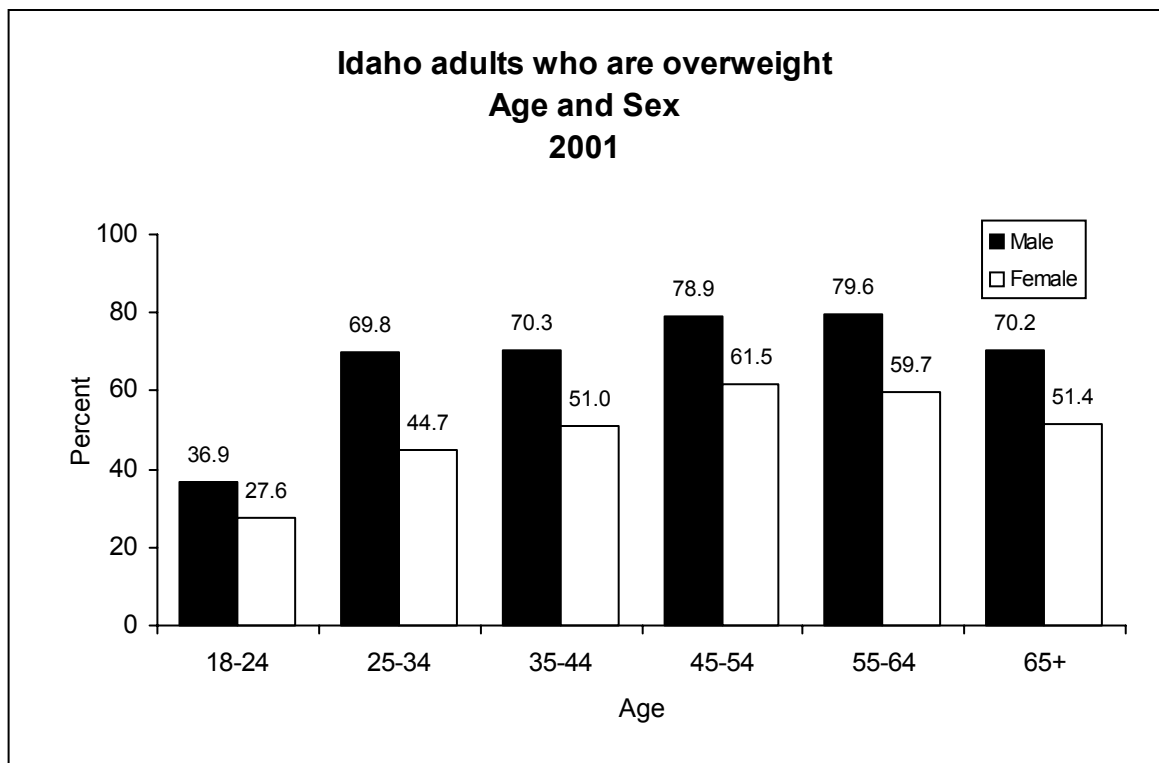
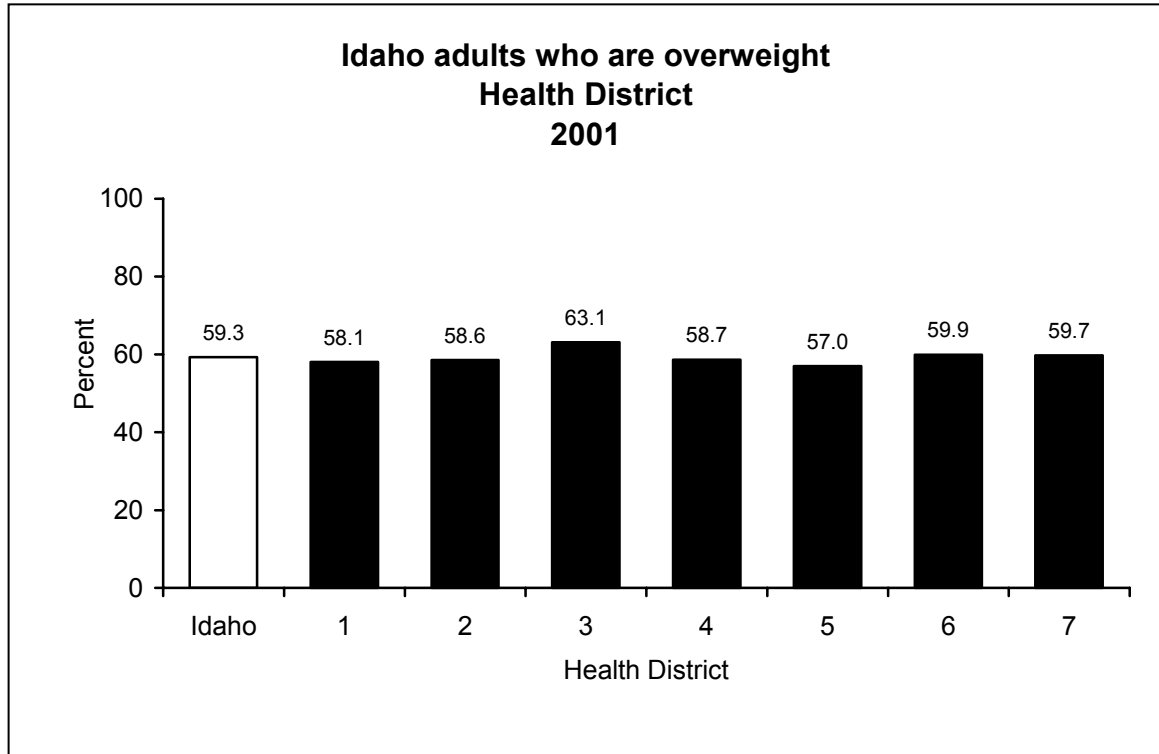
Being overweight is a risk factor for many diseases and conditions such as diabetes, high blood pressure, stroke, coronary heart disease, and certain cancers. The overweight population has increased dramatically in the past few decades, such that overweight people now outnumber people with healthy weight (Centers for Disease Control and Prevention, 2001).

### **Summary**

- In Idaho, an estimated 524,000 adults are overweight.
- Overweight prevalence has increased by 30 percent since 1991.
- Over two-thirds (68.5 percent) of men are overweight compared with half (49.9 percent) of women.
- Overweight prevalence increases dramatically as age increases.



# Overweight



# Overweight

## Idaho adults who are overweight, 2001

	State			Health District								
				District 1			District 2			District 3		
	%	95% CI	N	%	95% CI	N	%	95% CI	N	%	95% CI	N
<b>TOTAL</b>	<b>59.3</b>	57.5 61.1	4,588	<b>58.1</b>	54.0 62.2	658	<b>58.6</b>	54.3 62.9	644	<b>63.1</b>	59.0 67.2	652
<b>SEX</b>												
Male	<b>68.5</b>	66.1 71.0	2,047	<b>67.2</b>	61.1 73.3	271	<b>67.0</b>	61.2 72.8	314	<b>70.8</b>	65.1 76.5	291
Female	<b>49.9</b>	47.5 52.3	2,541	<b>48.9</b>	43.5 54.3	387	<b>49.5</b>	43.0 56.0	330	<b>55.4</b>	49.7 61.1	361
<b>AGE</b>												
18-24	<b>32.5</b>	26.8 38.1	469	<b>31.3</b>	17.4 45.2	54	<b>36.0</b>	22.7 49.3	86	<b>36.1</b>	23.4 48.8	62
25-34	<b>58.0</b>	54.1 61.9	821	<b>62.2</b>	51.4 73.0	92	<b>57.6</b>	47.4 67.8	108	<b>61.0</b>	52.6 69.4	138
35-44	<b>60.9</b>	57.4 64.4	953	<b>56.3</b>	47.9 64.7	150	<b>60.7</b>	51.1 70.2	126	<b>64.7</b>	55.5 73.9	117
45-54	<b>70.7</b>	67.2 74.2	821	<b>66.4</b>	57.2 75.6	129	<b>68.5</b>	59.4 77.6	114	<b>71.0</b>	62.2 79.8	118
55-64	<b>69.9</b>	65.4 74.4	588	<b>71.7</b>	61.7 81.7	87	<b>65.8</b>	54.6 77.0	78	<b>76.5</b>	66.5 86.5	77
65+	<b>59.8</b>	56.1 63.5	915	<b>52.7</b>	43.9 61.5	145	<b>63.6</b>	54.9 72.3	131	<b>65.6</b>	57.0 74.2	135
18-34	<b>47.2</b>	43.9 50.5	1,290	<b>49.9</b>	40.9 58.9	146	<b>46.9</b>	38.5 55.3	194	<b>50.5</b>	42.5 58.5	200
35-54	<b>65.6</b>	63.1 68.1	1,774	<b>61.5</b>	55.2 67.8	279	<b>64.4</b>	57.7 71.1	240	<b>67.9</b>	61.5 74.3	235
55+	<b>64.0</b>	61.1 66.9	1,503	<b>60.4</b>	53.5 67.3	232	<b>64.5</b>	57.6 71.4	209	<b>69.8</b>	63.1 76.5	212
<b>SEX and AGE</b>												
Male												
18-34	<b>56.0</b>	50.9 61.1	588	<b>65.0</b>	52.3 77.7	56	<b>53.3</b>	42.0 64.6	96	<b>59.7</b>	48.9 70.5	102
35-54	<b>74.5</b>	71.1 77.9	809	<b>67.3</b>	58.1 76.5	125	<b>77.5</b>	69.5 85.5	117	<b>74.0</b>	64.5 83.4	93
55+	<b>74.4</b>	70.4 78.4	641	<b>68.6</b>	58.4 78.8	89	<b>70.2</b>	60.8 79.6	101	<b>78.8</b>	70.2 87.4	96
Female												
18-34	<b>37.4</b>	33.1 41.7	702	<b>33.7</b>	22.9 44.5	90	<b>39.3</b>	26.4 52.2	98	<b>40.1</b>	28.9 51.3	98
35-54	<b>55.9</b>	52.3 59.5	965	<b>55.6</b>	47.2 64.0	154	<b>49.0</b>	39.0 59.0	123	<b>61.4</b>	53.0 69.8	142
55+	<b>54.7</b>	50.7 58.6	862	<b>52.9</b>	44.1 61.7	143	<b>59.2</b>	49.2 69.2	108	<b>61.9</b>	52.4 71.4	116
<b>INCOME</b>												
Less than \$15,000	<b>56.5</b>	51.2 61.8	577	<b>56.3</b>	44.1 68.6	80	<b>49.5</b>	37.5 61.5	105	<b>64.3</b>	52.5 76.1	95
\$15,000 - \$24,999	<b>54.4</b>	50.5 58.3	893	<b>55.1</b>	45.6 64.5	136	<b>62.3</b>	53.4 71.1	149	<b>56.2</b>	46.4 66.0	131
\$25,000 - \$34,999	<b>62.0</b>	57.8 66.1	730	<b>61.2</b>	51.0 71.4	102	<b>58.0</b>	46.2 69.8	88	<b>65.7</b>	56.5 74.9	118
\$35,000 - \$49,999	<b>62.2</b>	58.3 66.1	872	<b>61.7</b>	53.1 70.3	145	<b>61.6</b>	51.2 71.9	102	<b>65.8</b>	57.0 74.6	128
\$50,000+	<b>62.8</b>	59.5 66.1	1,107	<b>60.1</b>	51.1 69.1	130	<b>59.5</b>	50.9 68.1	138	<b>66.7</b>	58.3 75.1	126
<b>EMPLOYMENT</b>												
Employed	<b>60.7</b>	58.5 62.9	2,863	<b>58.0</b>	52.5 63.5	377	<b>59.7</b>	54.4 65.0	383	<b>65.4</b>	60.3 70.5	410
Unemployed	<b>62.5</b>	53.2 71.7	166	*	*	*	*	*	*	*	*	*
Other**	<b>56.2</b>	53.1 59.3	1,553	<b>55.3</b>	48.6 62.0	250	<b>55.9</b>	48.1 63.7	233	<b>59.8</b>	52.5 67.1	215
<b>EDUCATION</b>												
K-11th Grade	<b>65.9</b>	60.8 71.0	439	<b>60.5</b>	46.6 74.4	61	*	*	*	<b>68.0</b>	58.2 77.8	100
12th Grade or GED	<b>56.9</b>	53.9 59.9	1,478	<b>60.7</b>	54.0 67.3	247	<b>56.3</b>	48.4 64.2	211	<b>56.3</b>	49.2 63.3	230
Some College	<b>59.1</b>	56.0 62.2	1,432	<b>55.9</b>	48.3 63.4	195	<b>62.2</b>	54.7 69.7	205	<b>67.5</b>	59.9 75.1	187
College Graduate+	<b>60.1</b>	56.6 63.6	1,235	<b>55.8</b>	47.2 64.4	155	<b>55.3</b>	47.3 63.3	184	<b>65.6</b>	57.0 74.2	133

\*Figure not reliable by BRFSS standards (N<50)

\*\*Other includes students, homemakers, retirees, and persons unable to work

# Overweight

## Idaho adults who are overweight, 2001

	Health District															
	District 4				District 5				District 6				District 7			
	%	95% CI		N	%	95% CI		N	%	95% CI		N	%	95% CI		N
TOTAL	58.7	54.2	63.2	658	57.0	52.9	61.1	638	59.9	56.0	63.8	668	59.8	55.4	64.1	670
SEX																
Male	69.0	62.7	75.3	283	63.7	57.8	69.6	282	73.0	67.5	78.5	293	67.7	61.6	73.8	313
Female	48.3	42.7	53.9	375	49.7	44.0	55.4	375	46.4	41.1	51.7	375	51.6	45.5	57.7	357
AGE																
18-24	*	*	*	*	33.1	21.5	44.7	75	29.0	17.4	40.6	75	18.7	9.7	27.7	78
25-34	55.7	46.7	64.7	144	54.2	43.6	64.8	104	50.6	41.4	59.8	124	66.9	57.2	76.5	111
35-44	59.2	51.2	67.2	157	59.8	50.8	68.8	129	64.3	55.7	72.9	131	64.8	56.4	73.2	143
45-54	69.3	60.8	77.8	127	70.3	60.9	79.7	101	74.6	66.4	82.8	118	77.4	69.4	85.4	114
55-64	68.4	56.8	80.0	85	62.5	52.3	72.7	99	65.6	54.6	76.6	81	77.2	66.6	87.8	81
65+	56.8	46.2	67.4	100	55.3	46.1	64.5	129	69.4	61.4	77.4	137	60.1	51.4	68.8	138
18-34	49.5	40.9	58.1	183	45.8	37.8	53.8	179	41.9	34.6	49.2	199	42.6	34.4	50.8	189
35-54	63.6	57.7	69.5	284	64.9	58.3	71.5	230	69.4	63.3	75.5	249	70.9	65.0	76.8	257
55+	62.1	54.1	70.1	185	58.2	51.3	65.0	228	67.9	61.3	74.5	218	67.6	60.7	74.5	219
SEX and AGE																
Male																
18-34	54.0	40.7	67.3	76	54.5	43.1	65.9	83	52.4	41.2	63.6	88	54.0	41.7	66.3	87
35-54	73.8	66.2	81.4	134	69.2	59.9	78.5	108	85.8	78.7	92.8	104	78.4	71.0	85.8	128
55+	79.6	69.2	89.9	71	66.8	56.8	76.7	90	80.7	72.9	88.5	100	71.4	61.2	81.6	94
Female																
18-34	44.6	33.8	55.4	107	35.6	25.0	46.2	96	30.1	21.2	38.9	111	30.5	20.7	40.3	102
35-54	52.7	44.1	61.3	150	60.1	50.9	69.3	122	51.3	42.7	59.9	145	62.9	53.9	71.9	129
55+	47.0	37.0	57.0	114	59.6	33.5	68.6	138	56.9	47.3	66.5	118	64.2	55.1	73.2	125
INCOME																
Less than \$15,000	60.9	44.4	77.4	52	53.3	40.9	65.6	77	60.2	48.8	71.6	85	44.2	30.6	57.8	83
\$15,000 - \$24,999	58.3	47.3	69.3	101	52.2	43.4	61.0	142	47.2	37.6	56.8	130	44.3	33.9	54.7	104
\$25,000 - \$34,999	58.7	48.1	69.2	107	58.3	47.9	68.7	105	62.0	52.0	72.0	101	71.2	61.9	80.5	109
\$35,000 - \$49,999	62.8	51.2	74.4	114	67.8	59.4	76.2	132	66.6	58.2	75.0	134	68.3	59.6	77.0	117
\$50,000+	62.2	55.5	68.9	239	58.4	49.4	67.4	127	63.3	55.5	71.1	161	68.3	61.0	75.6	186
EMPLOYMENT																
Employed	59.8	54.7	64.9	448	58.4	53.3	63.5	423	60.2	55.2	65.2	407	63.4	58.1	68.7	415
Unemployed	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Other**	56.3	47.1	65.5	187	54.2	46.8	61.6	199	57.5	50.6	64.4	235	53.2	45.8	60.6	234
EDUCATION																
K-11th Grade	*	*	*	*	60.7	49.3	72.1	83	74.1	61.6	86.6	60	*	*	*	*
12th Grade or GED	54.6	45.9	63.3	163	53.7	46.3	61.1	204	65.9	59.2	72.5	211	52.0	44.4	59.6	212
Some College	58.9	51.3	66.5	207	59.2	51.8	66.6	191	57.2	50.3	64.1	233	54.1	46.3	61.9	214
College Graduate+	60.1	52.5	67.7	244	56.9	48.3	65.5	160	51.5	43.1	59.9	163	73.0	66.1	79.9	196

\*Figure not reliable by BRFSS standards (N<50)

\*\*Other includes students, homemakers, retirees, and persons unable to work

# Dental Insurance

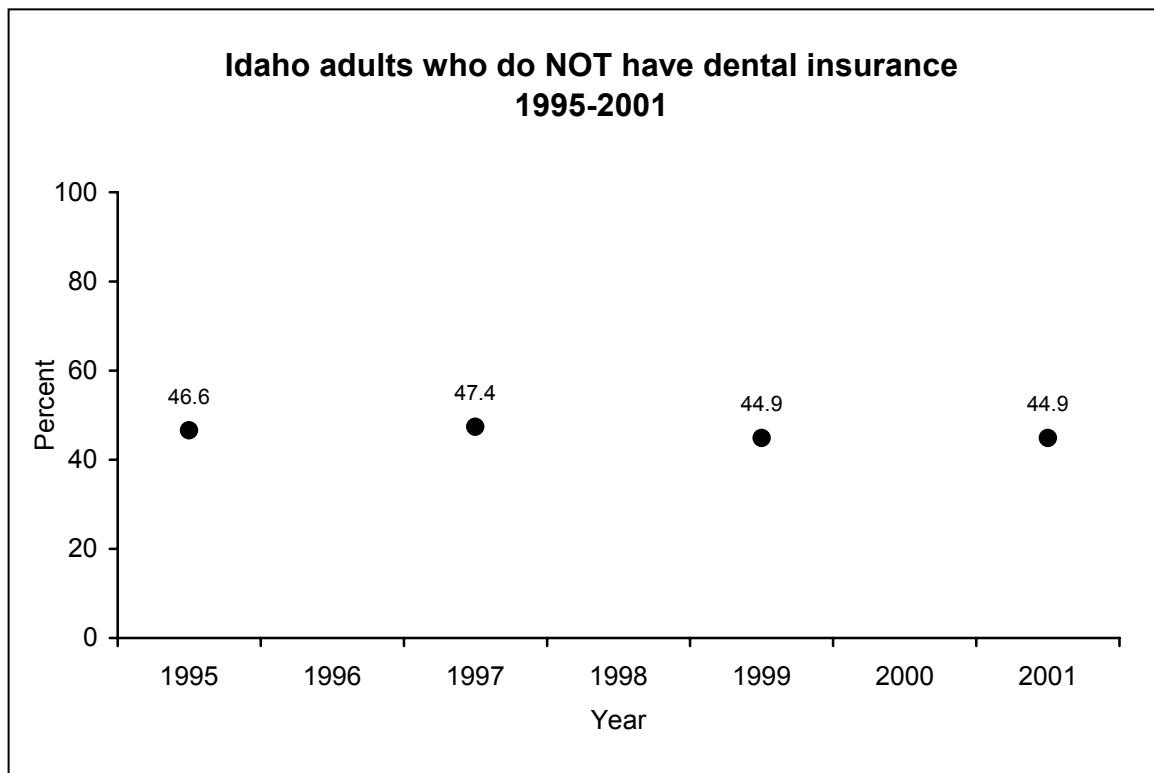
**Question:** Do you have any kind of insurance coverage that pays for some or all of your routine dental care, including dental insurance, prepaid plans such as HMOs, or government plans such as Medicaid?

Appendix A, p. 82

Studies have shown that dental insurance significantly increases regular use of dental services. Oral health is an essential component of a person's general health. Current research indicates associations between chronic oral infections and diabetes, cardiovascular disease, stroke, and adverse pregnancy outcomes (U.S. Department of Health and Human Services, 2000).

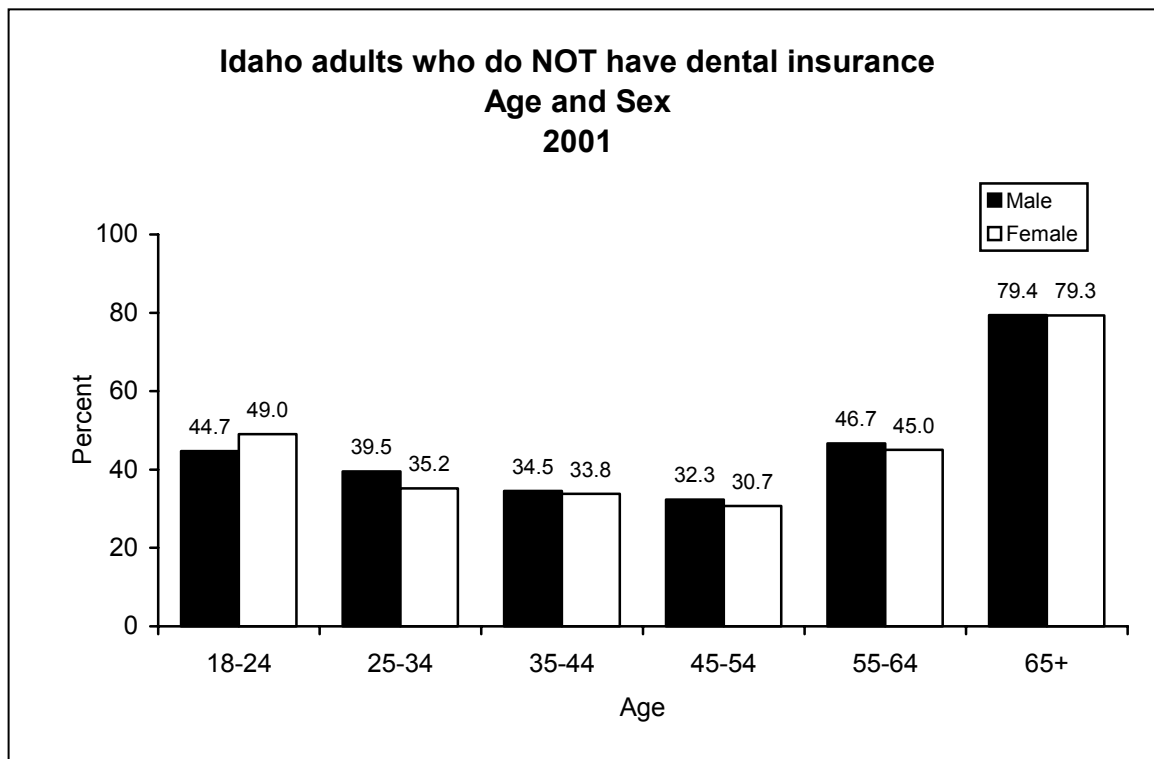
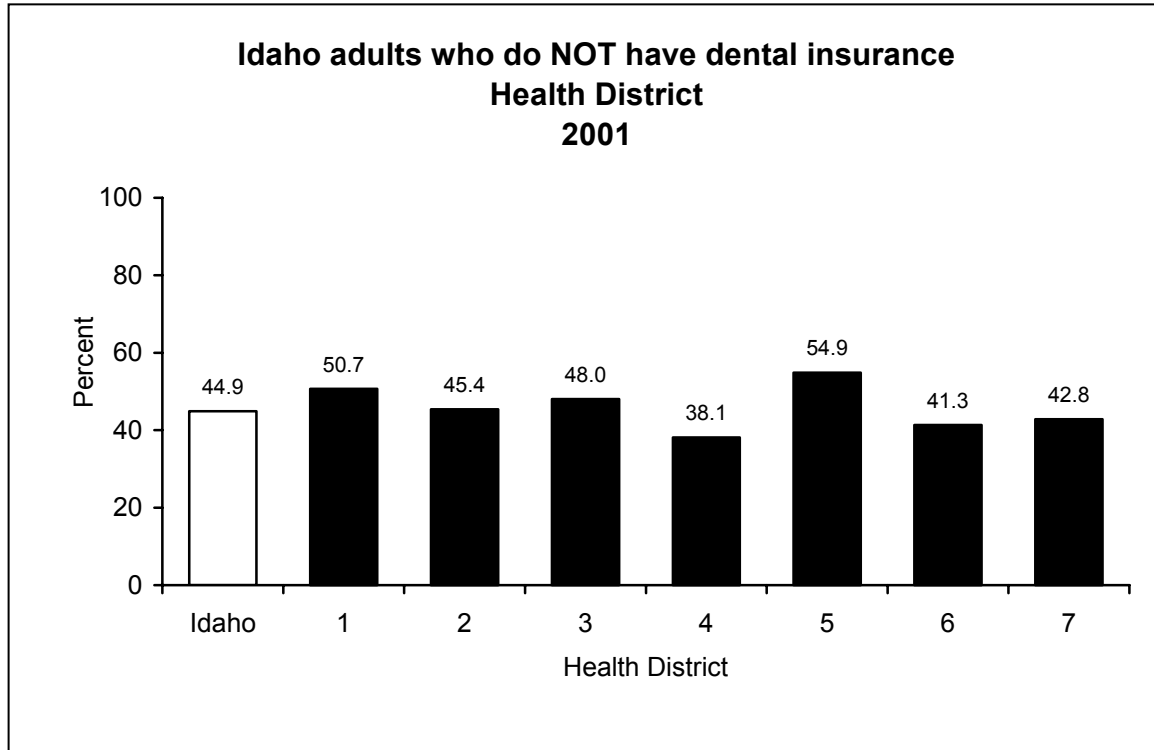
## Summary

- Adults who are unemployed are twice as likely to not have dental insurance (68.0 percent) than those who are employed (34.1 percent).
- Those 65 and older are much more likely (79.4 percent) to not have dental insurance than any other age group.
- Adults with incomes less than \$25,000 per year or an education of less than 12<sup>th</sup> grade are more likely to not have dental insurance than those with higher incomes and education.



Breaks in the trend line indicate that data are not available for those years.

# Dental Insurance





# Dental Insurance

Idaho adults who do NOT have dental insurance, 2001

	State			Health District								
				District 1			District 2			District 3		
	%	95% CI	N	%	95% CI	N	%	95% CI	N	%	95% CI	N
<b>TOTAL</b>	<b>44.9</b>	43.1 46.7	4,693	<b>50.7</b>	46.6 54.8	667	<b>45.4</b>	41.1 49.7	663	<b>48.0</b>	43.7 52.3	661
<b>SEX</b>												
Male	<b>44.5</b>	41.9 47.1	2,011	<b>55.6</b>	49.0 62.1	261	<b>44.4</b>	38.3 50.5	306	<b>43.5</b>	37.2 49.8	286
Female	<b>45.3</b>	43.1 47.5	2,682	<b>46.1</b>	40.8 51.4	406	<b>46.4</b>	40.1 52.7	357	<b>52.3</b>	46.6 58.0	375
<b>AGE</b>												
18-24	<b>46.8</b>	40.8 52.8	466	<b>52.2</b>	37.7 66.7	54	<b>50.3</b>	36.6 64.0	83	<b>50.1</b>	35.4 64.8	61
25-34	<b>37.4</b>	33.6 41.2	830	<b>47.2</b>	35.6 58.8	93	<b>37.5</b>	27.5 47.4	107	<b>39.6</b>	31.0 48.2	140
35-44	<b>34.2</b>	30.7 37.7	990	<b>38.4</b>	30.2 46.6	155	<b>24.3</b>	15.9 32.7	130	<b>30.2</b>	21.3 39.0	122
45-54	<b>31.5</b>	28.0 35.0	856	<b>35.1</b>	26.5 43.7	132	<b>32.1</b>	23.5 40.7	125	<b>39.3</b>	29.7 48.9	117
55-64	<b>45.8</b>	40.5 51.1	579	<b>49.2</b>	37.9 60.5	89	<b>43.2</b>	31.4 55.0	79	<b>39.8</b>	28.2 51.4	78
65+	<b>79.4</b>	76.3 82.5	915	<b>84.8</b>	78.7 90.8	143	<b>84.2</b>	77.7 90.7	134	<b>83.0</b>	76.5 89.5	134
18-34	<b>41.3</b>	38.0 44.6	1,296	<b>49.2</b>	40.2 58.2	147	<b>43.6</b>	35.0 52.2	190	<b>43.9</b>	35.9 51.9	201
35-54	<b>32.9</b>	30.4 35.4	1,846	<b>36.7</b>	30.6 42.8	287	<b>28.2</b>	22.1 34.3	255	<b>34.7</b>	28.0 41.4	2,393
55+	<b>65.3</b>	62.4 68.2	1,512	<b>69.9</b>	63.6 76.2	232	<b>67.9</b>	60.8 75.0	213	<b>66.2</b>	59.3 73.1	212
<b>SEX and AGE</b>												
Male												
18-34	<b>41.7</b>	36.7 46.7	570	<b>58.8</b>	45.1 72.5	55	<b>43.6</b>	32.0 55.2	91	<b>38.7</b>	28.0 49.3	99
35-54	<b>33.5</b>	29.8 37.2	808	<b>41.1</b>	31.7 50.5	122	<b>24.0</b>	16.0 32.0	115	<b>31.7</b>	21.7 41.6	93
55+	<b>64.5</b>	59.8 69.2	620	<b>72.7</b>	62.6 82.8	83	<b>71.9</b>	62.3 81.5	98	<b>63.0</b>	52.4 73.5	93
Female												
18-34	<b>40.9</b>	36.4 45.4	726	<b>39.5</b>	28.3 50.7	92	<b>43.7</b>	30.6 56.8	99	<b>49.5</b>	37.7 61.3	102
35-54	<b>32.3</b>	29.0 35.6	1,038	<b>32.5</b>	25.1 39.9	165	<b>32.4</b>	23.5 41.3	140	<b>37.7</b>	29.2 46.2	146
55+	<b>66.1</b>	62.4 69.8	892	<b>67.6</b>	59.6 75.6	149	<b>64.4</b>	54.4 74.4	115	<b>68.9</b>	59.9 77.9	119
<b>INCOME</b>												
Less than \$15,000	<b>66.5</b>	61.6 71.4	591	<b>72.0</b>	61.0 83.0	79	<b>57.1</b>	45.3 68.9	106	<b>67.0</b>	55.8 78.2	94
\$15,000 - \$24,999	<b>67.1</b>	63.5 70.7	904	<b>68.7</b>	60.3 77.1	134	<b>67.3</b>	58.9 75.7	155	<b>63.0</b>	53.4 72.6	128
\$25,000 - \$34,999	<b>49.8</b>	45.5 54.1	739	<b>51.8</b>	41.4 62.2	109	<b>49.0</b>	37.2 60.7	88	<b>51.3</b>	41.7 60.9	120
\$35,000 - \$49,999	<b>33.2</b>	29.2 37.2	892	<b>34.9</b>	26.7 43.1	147	<b>34.7</b>	24.5 44.9	103	<b>36.6</b>	27.5 45.6	131
\$50,000+	<b>24.2</b>	21.2 27.1	1,126	<b>33.5</b>	24.7 42.3	130	<b>18.3</b>	11.8 24.8	146	<b>23.5</b>	15.9 31.1	130
<b>EMPLOYMENT</b>												
Employed	<b>34.1</b>	32.1 36.1	2,935	<b>40.6</b>	35.1 46.0	382	<b>32.1</b>	27.2 37.0	397	<b>34.3</b>	29.4 39.2	417
Unemployed	<b>68.0</b>	59.6 76.4	171	*	* *	*	*	* *	*	*	* *	*
Other**	<b>63.6</b>	60.5 66.7	1,578	<b>63.4</b>	56.9 69.9	253	<b>62.8</b>	55.2 70.4	234	<b>72.0</b>	65.5 78.5	217
<b>EDUCATION</b>												
K-11th Grade	<b>62.9</b>	57.6 68.2	446	<b>61.1</b>	47.2 75.0	60	*	* *	*	<b>64.6</b>	54.6 74.6	100
12th Grade or GED	<b>50.1</b>	47.1 53.1	1,500	<b>55.9</b>	48.8 63.0	243	<b>54.5</b>	46.7 62.3	219	<b>47.4</b>	40.3 54.5	234
Some College	<b>44.3</b>	41.2 47.4	1,474	<b>47.3</b>	39.9 54.7	207	<b>42.8</b>	35.4 50.2	213	<b>46.0</b>	37.8 54.2	189
College Graduate+	<b>33.8</b>	30.3 37.3	1,264	<b>42.7</b>	34.3 51.1	157	<b>33.7</b>	26.3 41.1	189	<b>37.9</b>	29.1 46.7	136

\*Figure not reliable by BRFSS standards (N<50)

\*\*Other includes students, homemakers, retirees, and persons unable to work

# Dental Insurance

Idaho adults who do NOT have dental insurance, 2001

	Health District															
	District 4				District 5				District 6				District 7			
	%	95% CI		N	%	95% CI		N	%	95% CI		N	%	95% CI		N
TOTAL	38.1	33.7	42.5	672	54.9	50.8	59.0	664	41.3	37.3	45.3	684	42.8	38.7	46.9	682
SEX																
Male	39.0	32.2	45.8	281	53.4	47.1	59.7	280	39.1	33.0	45.2	290	41.4	35.3	47.5	307
Female	37.2	31.9	42.5	391	56.3	50.8	61.8	384	43.4	38.1	48.7	394	44.2	38.5	49.9	375
AGE																
18-24	*	*	*	*	53.4	41.3	65.5	75	39.4	26.6	52.1	76	39.9	27.7	52.2	75
25-34	28.7	20.7	36.7	146	45.8	35.0	56.6	106	38.9	29.7	48.1	124	34.6	24.6	44.6	114
35-44	32.9	25.1	40.7	157	48.5	39.3	57.7	135	26.5	18.7	34.3	139	36.3	28.3	44.3	152
45-54	23.7	15.9	31.5	133	43.9	33.7	54.1	109	27.3	18.7	35.9	123	26.0	18.0	34.0	117
55-64	44.9	30.0	59.8	82	54.9	43.9	65.9	101	46.6	35.3	57.9	85	42.6	31.1	54.1	83
65+	68.1	58.1	78.1	100	81.8	74.5	89.1	136	76.7	69.3	84.1	132	85.2	78.9	91.5	136
18-34	35.5	27.3	43.7	188	48.7	40.7	56.7	181	39.1	31.7	46.5	200	37.1	29.1	45.1	189
35-54	28.8	23.2	34.4	290	46.2	39.3	53.1	244	26.9	21.0	32.8	262	31.3	25.6	37.0	269
55+	57.7	49.2	66.1	182	71.3	65.0	77.6	237	63.9	57.0	70.8	217	66.3	59.0	73.6	219
SEX and AGE																
Male																
18-34	36.7	23.8	49.6	74	44.9	33.1	56.7	81	39.8	28.6	51.0	85	36.7	25.5	47.9	85
35-54	32.5	24.2	40.8	135	45.5	35.3	55.7	110	23.0	14.2	31.8	105	32.7	24.3	41.1	128
55+	54.8	40.5	69.1	69	73.3	63.7	82.9	88	63.2	53.0	73.3	99	61.0	49.2	72.8	90
Female																
18-34	34.4	24.0	44.7	114	52.9	42.1	63.7	100	38.4	28.4	48.3	115	37.5	26.5	48.5	104
35-54	24.9	17.4	32.3	155	46.9	37.9	55.9	134	31.0	23.5	38.4	157	30.0	22.1	37.9	141
55+	60.2	50.4	70.0	113	69.7	61.7	77.7	149	64.6	55.4	73.8	118	70.8	62.0	79.6	129
INCOME																
Less than \$15,000	70.4	56.2	84.6	54	77.5	67.9	87.1	82	61.9	50.3	73.5	90	56.3	41.4	71.2	86
\$15,000 - \$24,999	67.6	57.6	77.6	104	68.6	60.8	76.4	148	60.1	50.7	69.5	132	77.7	68.7	86.7	103
\$25,000 - \$34,999	47.3	36.2	58.4	103	57.9	47.3	68.5	107	44.2	33.6	54.8	104	47.2	35.4	59.0	108
\$35,000 - \$49,999	26.9	14.7	39.1	115	39.1	30.3	47.9	137	30.9	22.8	39.0	137	34.7	25.7	43.7	122
\$50,000+	21.3	15.8	26.8	242	42.3	32.9	51.7	127	19.9	13.6	26.2	163	18.9	13.2	24.6	188
EMPLOYMENT																
Employed	28.5	23.8	33.1	463	46.8	41.5	52.1	437	29.8	24.9	34.7	419	32.1	27.4	36.8	420
Unemployed	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Other**	57.4	48.0	66.8	186	71.0	64.5	77.5	208	60.3	53.6	67.0	240	62.3	55.2	69.4	240
EDUCATION																
K-11th Grade	*	*	*	*	71.7	61.5	81.9	88	54.6	40.8	68.3	63	68.4	53.7	83.1	51
12th Grade or GED	47.0	38.4	55.6	166	52.3	45.0	59.7	219	45.9	38.6	53.3	208	49.4	42.0	56.8	211
Some College	39.8	32.4	47.2	210	55.6	48.1	63.1	196	44.8	37.9	51.6	243	39.3	32.0	46.6	216
College Graduate+	27.7	20.1	35.3	251	47.9	39.3	56.5	160	26.1	18.8	33.4	169	33.8	26.7	40.9	202

\*Figure not reliable by BRFSS standards (N<50)

\*\*Other includes students, homemakers, retirees, and persons unable to work

# Smokeless Tobacco Use

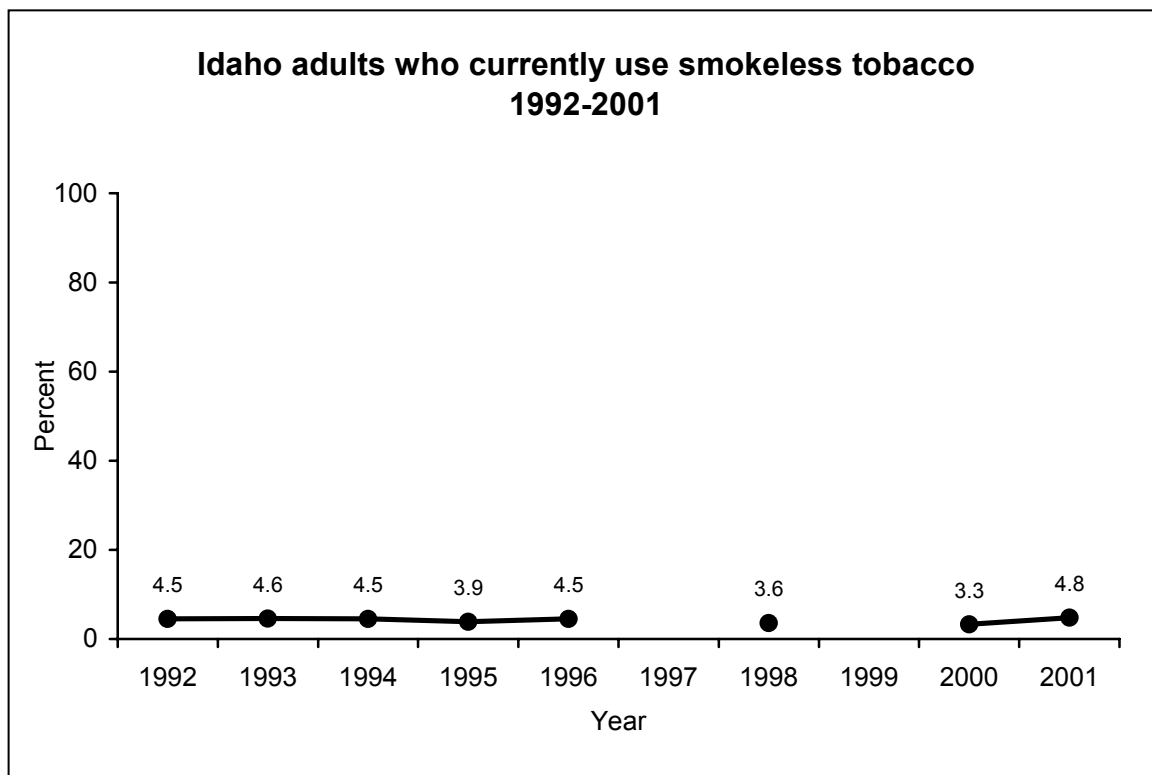
## Question: Do you currently use any smokeless tobacco products such as chewing tobacco or snuff?

Appendix A, p. 82

Tobacco use, in all forms, is the leading preventable risk factor of death in adults. Long-term use of smokeless tobacco is associated with nicotine addiction and increased risk of oral cancer - the incidence of which could increase if young persons who currently use smokeless tobacco continue to use these products frequently (Centers for Disease Control and Prevention, 2001).

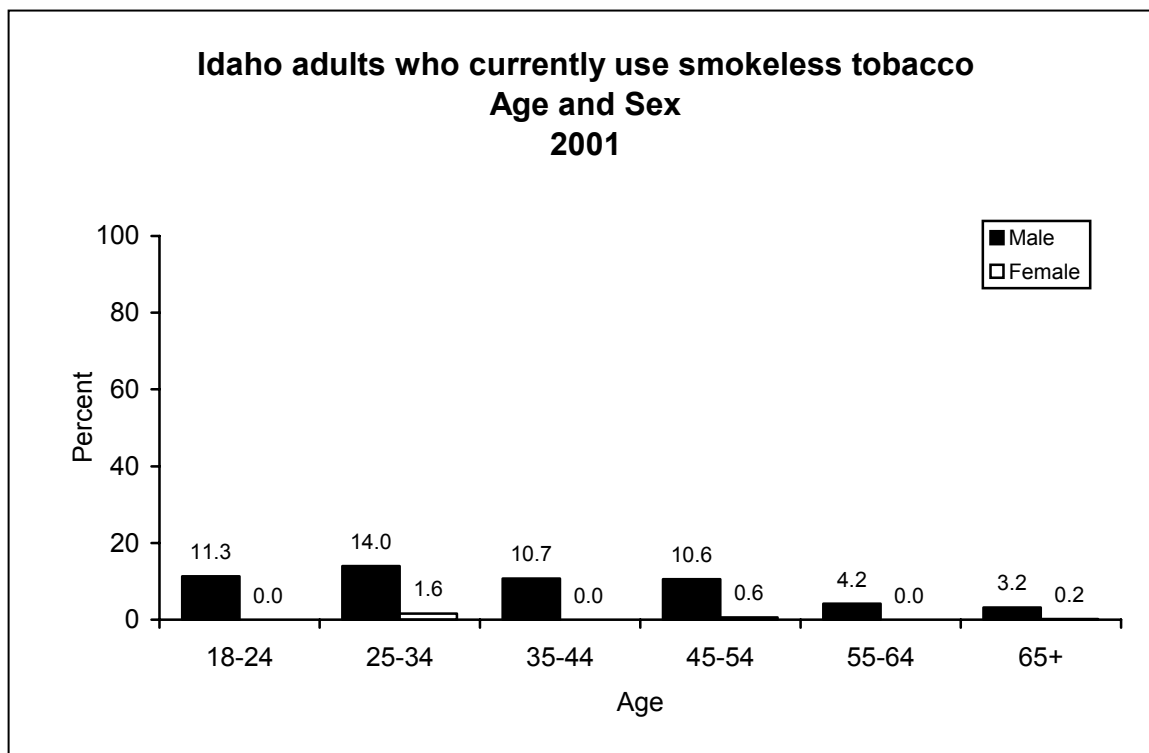
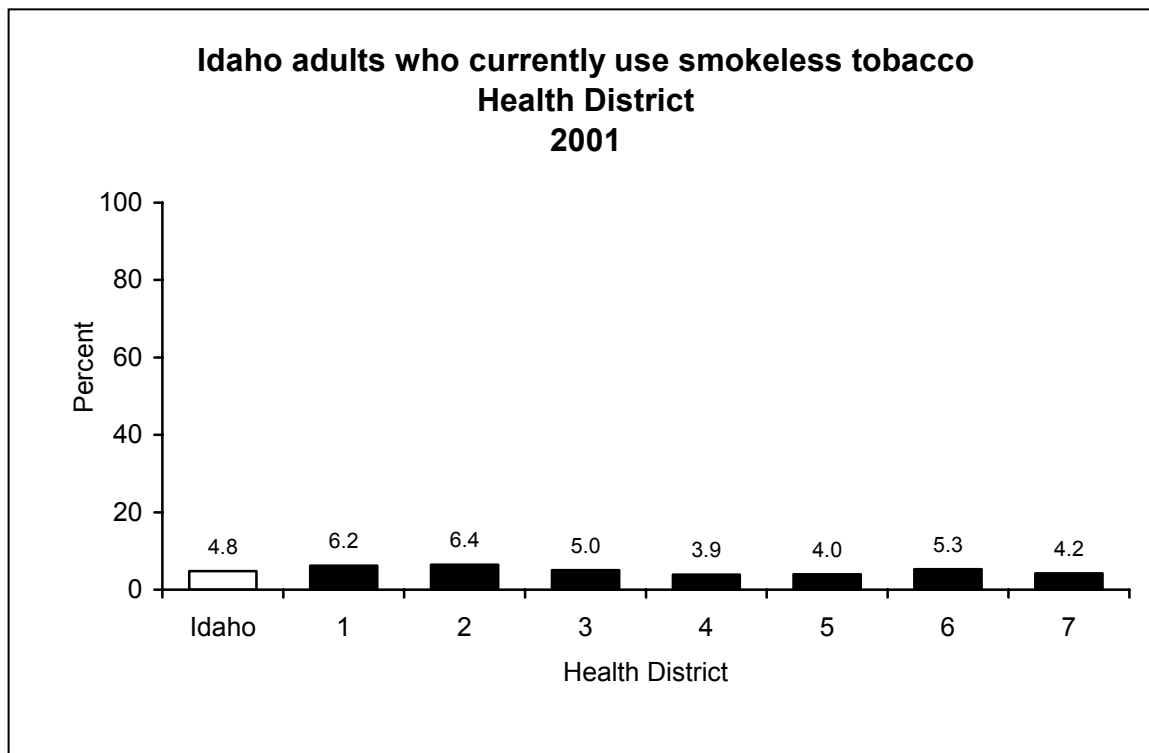
### Summary

- Less than one percent of women are current smokeless tobacco users compared with 9.4 percent of men.
- Smokeless tobacco use declines as age increases: more than one in ten (12.9 percent) men aged 18-34 are current smokeless tobacco users compared with less than one in twenty five (3.7 percent) men aged 55 and older.



Breaks in the trend line indicate that data are not available for those years.

# Smokeless Tobacco Use



# Smokeless Tobacco Use

Idaho adults who currently use smokeless tobacco, 2001

	State			Health District												
				District 1			District 2			District 3						
	%	95% CI		N	%	95% CI		N	%	95% CI		N	%	95% CI		N
TOTAL	4.8	4.0	5.6	4,743	6.2	4.0	8.4	677	6.4	4.2	8.5	674	5.0	3.0	7.0	667
SEX																
Male	9.4	7.9	10.9	2,031	12.5	8.2	16.8	267	12.5	8.5	16.5	311	9.3	5.6	13.0	287
Female	0.4	0.2	0.6	2,712	0.3	0.0	0.9	410	0.3	0.0	0.9	363	0.9	0.0	1.9	380
AGE																
18-24	5.7	3.2	8.2	474	11.9	1.5	22.3	54	10.3	3.0	17.6	86	3.1	0.0	7.8	61
25-34	7.9	5.7	10.1	840	8.2	1.1	15.3	94	11.6	4.3	18.9	109	6.6	2.3	10.9	141
35-44	5.3	3.7	6.9	991	5.5	1.8	9.2	156	8.1	3.4	12.8	130	7.2	1.7	12.7	122
45-54	5.6	3.5	7.7	860	9.6	3.9	15.3	132	5.6	1.2	9.9	126	9.0	2.9	15.1	120
55-64	2.1	0.9	3.3	605	1.7	0.0	5.0	92	0.0	0.0	0.0	82	3.0	0.0	7.5	78
65+	1.5	0.5	2.5	935	1.5	0.0	3.7	148	1.7	0.0	3.8	136	0.5	0.0	1.5	136
18-34	7.0	5.4	8.6	1,314	9.7	3.8	15.6	148	11.0	5.9	16.1	195	5.1	2.0	8.2	202
35-54	5.5	4.1	6.9	1,851	7.6	4.3	10.9	288	6.9	3.7	10.0	256	8.1	4.0	12.2	242
55+	1.7	0.9	2.5	1,540	1.6	0.0	3.5	240	1.0	0.0	2.2	218	1.5	0.0	3.2	214
SEX and AGE																
Male																
18-34	12.9	9.8	16.0	579	19.0	7.9	30.1	56	20.2	11.2	29.2	93	9.0	3.1	14.9	100
35-54	10.6	8.1	13.1	810	15.0	8.3	21.7	123	13.5	7.4	19.6	116	15.1	7.5	22.7	93
55+	3.7	2.1	5.3	629	3.5	0.0	7.6	87	2.3	0.0	5.0	100	2.5	0.0	6.4	93
Female																
18-34	0.9	0.1	1.7	735	0.0	0.0	0.0	92	0.8	0.0	2.4	102	0.9	0.0	2.7	102
35-54	0.3	0.0	0.7	1,041	0.7	0.0	2.1	165	0.0	0.0	0.0	140	1.1	0.0	3.3	149
55+	0.1	0.0	0.3	911	0.0	0.0	0.0	153	0.0	0.0	0.0	118	0.6	0.0	1.8	121
INCOME																
Less than \$15,000	2.3	0.8	3.8	604	5.2	0.0	11.5	82	3.1	0.0	6.6	109	2.9	0.0	7.2	95
\$15,000 - \$24,999	4.5	2.5	6.5	912	4.7	0.6	8.8	135	3.6	0.0	7.5	157	3.2	0.0	6.7	131
\$25,000 - \$34,999	6.8	4.6	9.0	741	12.4	4.5	20.2	110	11.3	4.0	18.6	88	5.5	0.8	10.2	120
\$35,000 - \$49,999	5.9	4.1	7.7	896	5.7	1.7	9.7	148	4.4	0.3	8.5	103	8.9	3.4	14.4	131
\$50,000+	4.7	3.1	6.3	1,132	3.1	0.1	6.0	131	11.5	5.8	17.2	146	5.1	1.0	9.2	131
EMPLOYMENT																
Employed	5.9	4.9	6.9	2,955	8.1	5.0	11.2	385	9.6	6.2	12.9	400	6.2	3.7	8.7	419
Unemployed	8.5	3.0	14.0	173	*	*	*	*	*	*	*	*	*	*	*	*
Other**	2.1	1.1	3.1	1,606	1.6	0.0	3.6	259	1.8	0.2	3.4	242	2.7	0.2	5.2	221
EDUCATION																
K-11th Grade	6.5	3.8	9.2	451	12.4	2.4	22.4	62	*	*	*	*	5.9	0.6	11.2	101
12th Grade or GED	5.2	4.0	6.3	1,525	6.5	2.4	10.6	248	8.0	3.9	12.1	225	6.1	2.8	9.4	237
Some College	4.8	3.4	6.2	1,486	8.0	3.9	12.1	208	5.7	2.4	9.0	214	4.2	0.5	7.8	190
College Graduate+	3.8	2.4	5.2	1,271	0.6	0.0	1.8	159	4.3	1.4	7.2	191	3.2	0.0	6.4	137

\*Figure not reliable by BRFSS standards (N<50)

\*\*Other includes students, homemakers, retirees, and persons unable to work

# Smokeless Tobacco Use

Idaho adults who currently use smokeless tobacco, 2001

	Health District															
	District 4				District 5				District 6				District 7			
	%	95% CI		N	%	95% CI		N	%	95% CI		N	%	95% CI		N
TOTAL	3.9	2.1	5.7	673	4.0	2.4	5.5	672	5.3	3.4	7.2	691	4.2	2.5	5.9	689
SEX																
Male	7.4	4.0	10.8	282	7.4	4.3	10.5	282	10.9	7.2	14.6	292	8.7	5.4	12.0	310
Female	0.5	0.0	1.2	391	0.6	0.0	1.4	390	0.0	0.0	0.0	399	0.0	0.0	0.0	379
AGE																
18-24	*	*	*	*	8.2	1.7	14.7	75	6.9	0.2	13.6	78	2.5	0.0	5.2	78
25-34	6.6	2.0	11.1	146	9.2	3.1	15.3	110	8.0	3.3	12.7	125	8.9	2.8	15.0	115
35-44	3.2	0.0	6.3	157	4.0	0.7	7.3	136	6.4	2.1	10.7	139	7.5	2.8	12.2	151
45-54	6.4	0.9	11.9	133	0.0	0.0	0.0	109	4.7	0.4	9.0	123	0.9	0.0	2.7	117
55-64	0.8	0.0	2.4	83	2.5	0.0	5.4	101	5.9	0.2	11.6	85	1.8	0.0	4.3	84
65+	2.0	0.0	4.9	100	1.6	0.0	4.0	139	0.4	0.0	1.2	137	2.6	0.0	6.1	139
18-34	5.1	1.6	8.6	188	8.8	4.3	13.3	185	7.5	3.6	11.4	203	5.8	2.3	9.3	193
35-54	4.6	1.6	7.6	290	2.0	0.2	3.8	245	5.6	2.5	8.7	262	4.3	1.8	6.8	262
55+	1.5	0.0	3.3	183	2.0	0.2	3.7	240	2.7	0.3	5.1	222	2.2	0.0	4.5	223
SEX and AGE																
Male																
18-34	8.6	1.9	15.3	75	14.7	6.9	22.5	83	14.7	7.3	22.1	86	11.6	4.7	18.5	86
35-54	9.0	3.3	14.7	135	4.0	0.7	7.3	110	11.0	5.1	16.9	105	8.7	3.6	13.8	128
55+	3.1	0.0	6.8	69	4.3	0.3	8.3	88	6.0	0.7	11.3	100	4.8	0.0	9.7	92
Female																
18-34	1.6	0.0	3.9	113	2.2	0.0	5.3	102	0.0	0.0	0.0	117	0.0	0.0	0.0	107
35-54	0.0	0.0	0.0	155	0.0	0.0	0.0	135	0.0	0.0	0.0	157	0.0	0.0	0.0	140
55+	0.0	0.0	0.0	114	0.0	0.0	0.0	152	0.0	0.0	0.0	122	0.0	0.0	0.0	131
INCOME																
Less than \$15,000	0.0	0.0	0.0	54	2.8	0.0	7.1	84	1.8	0.0	5.2	92	0.9	0.0	2.7	88
\$15,000 - \$24,999	7.3	0.6	14.0	104	1.1	0.0	2.9	149	5.7	1.6	9.8	133	4.8	0.0	9.7	103
\$25,000 - \$34,999	1.8	0.0	4.3	102	7.4	2.1	12.7	108	7.3	1.4	13.2	104	8.1	2.4	13.8	109
\$35,000 - \$49,999	4.1	0.2	8.0	116	6.1	2.0	10.2	138	7.3	2.8	11.8	137	5.6	0.9	10.3	123
\$50,000+	4.9	1.8	8.0	243	2.3	0.0	5.0	129	4.2	0.7	7.7	164	3.3	0.8	5.8	188
EMPLOYMENT																
Employed	4.0	1.9	6.1	463	5.2	3.0	7.4	442	7.0	4.3	9.7	420	5.6	3.2	7.9	426
Unemployed	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Other**	2.9	0.0	6.0	187	1.7	0.0	3.7	211	1.9	0.0	3.9	245	1.2	0.0	3.0	241
EDUCATION																
K-11th Grade	*	*	*	*	2.3	0.0	5.2	89	11.1	2.5	19.7	63	4.8	0.0	12.1	51
12th Grade or GED	1.2	0.0	3.0	166	5.6	2.3	8.9	221	5.7	2.2	9.2	214	5.7	2.2	9.2	214
Some College	4.4	1.1	7.7	210	4.4	1.1	7.7	200	5.0	2.1	7.9	244	2.0	0.1	3.9	220
College Graduate+	5.1	1.8	8.4	252	2.2	0.0	4.4	161	3.2	0.1	6.3	169	5.1	1.7	8.5	202

\*Figure not reliable by BRFSS standards (N<50)

\*\*Other includes students, homemakers, retirees, and persons unable to work

# Seat Belt Use

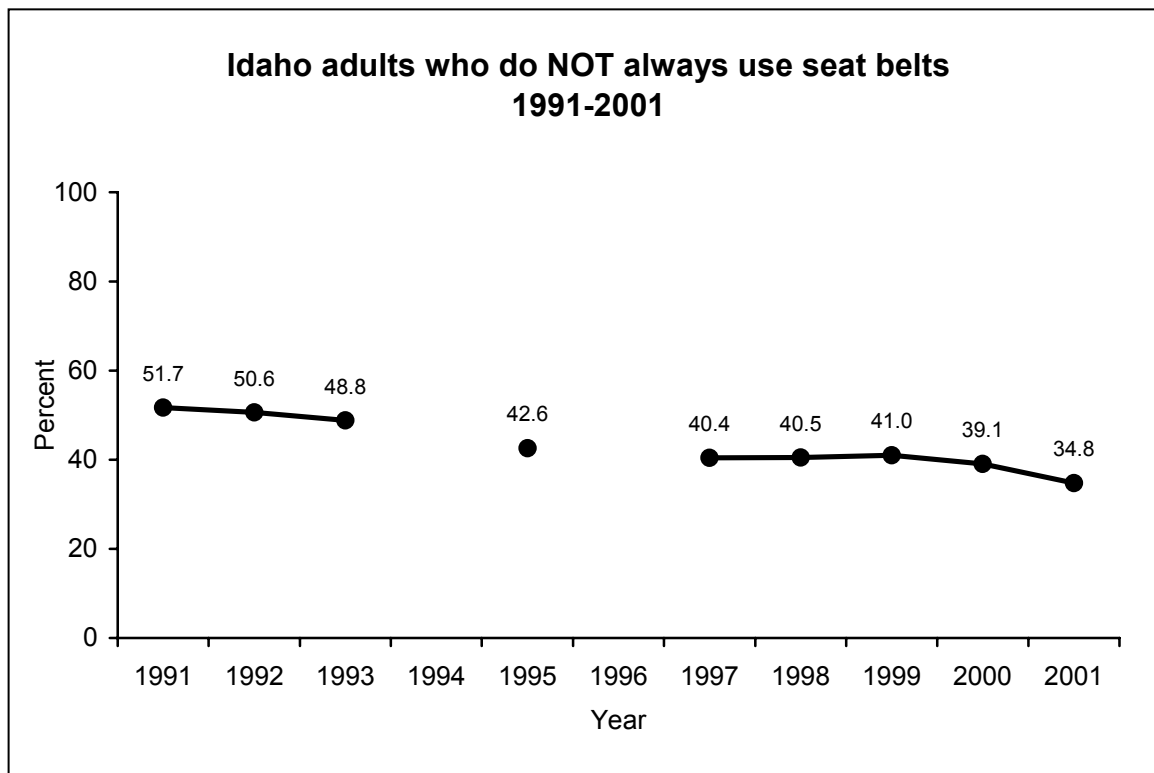
## Question: How often do you use seat belts when you drive or ride in a car?

Appendix A, p. 83

Seat belts are the single most effective safety device in preventing serious injuries and reducing fatalities in motor vehicle crashes, having saved an estimated 11,197 lives in 1999. Research has shown that lap/shoulder belts, when used properly, reduce the risk of fatal injury to front-seat passenger car occupants by 45 percent and the risk of moderate-to-critical injury by 50 percent. If the national seat belt use rate increased from 68 percent to 90 percent, over 5,500 additional lives would be saved and 132,000 injuries would be prevented (U.S. Department of Transportation, 2001).

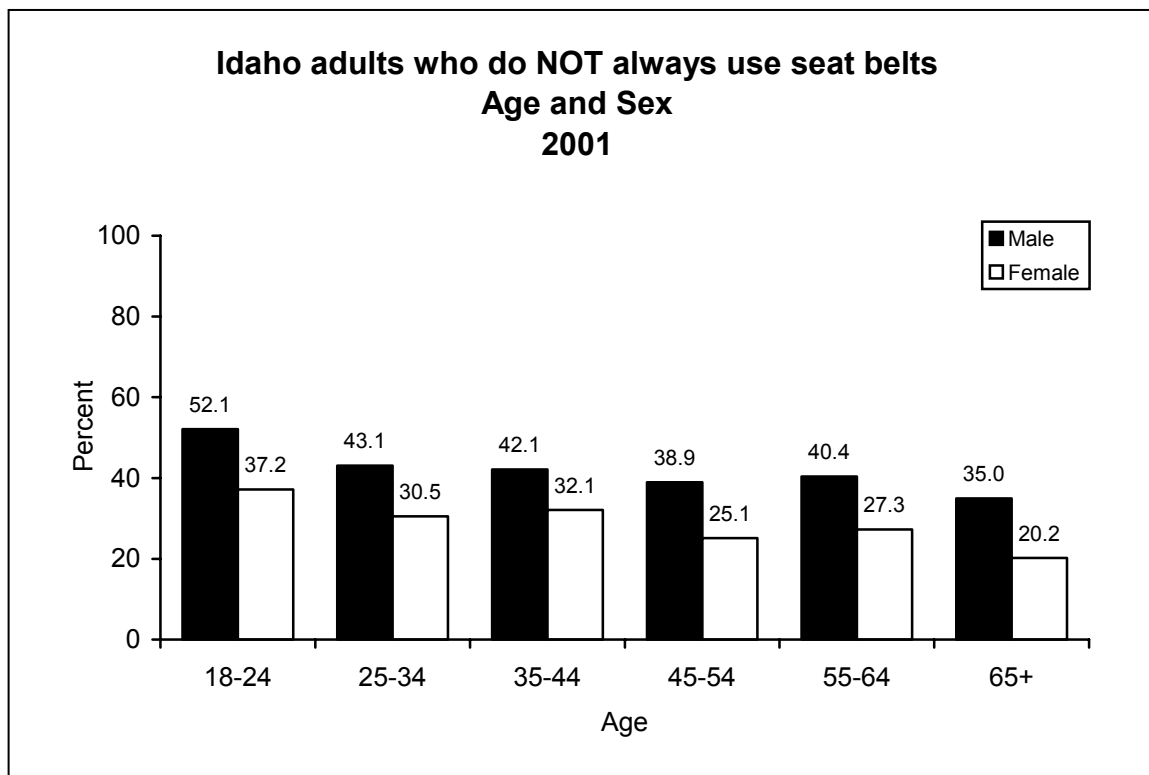
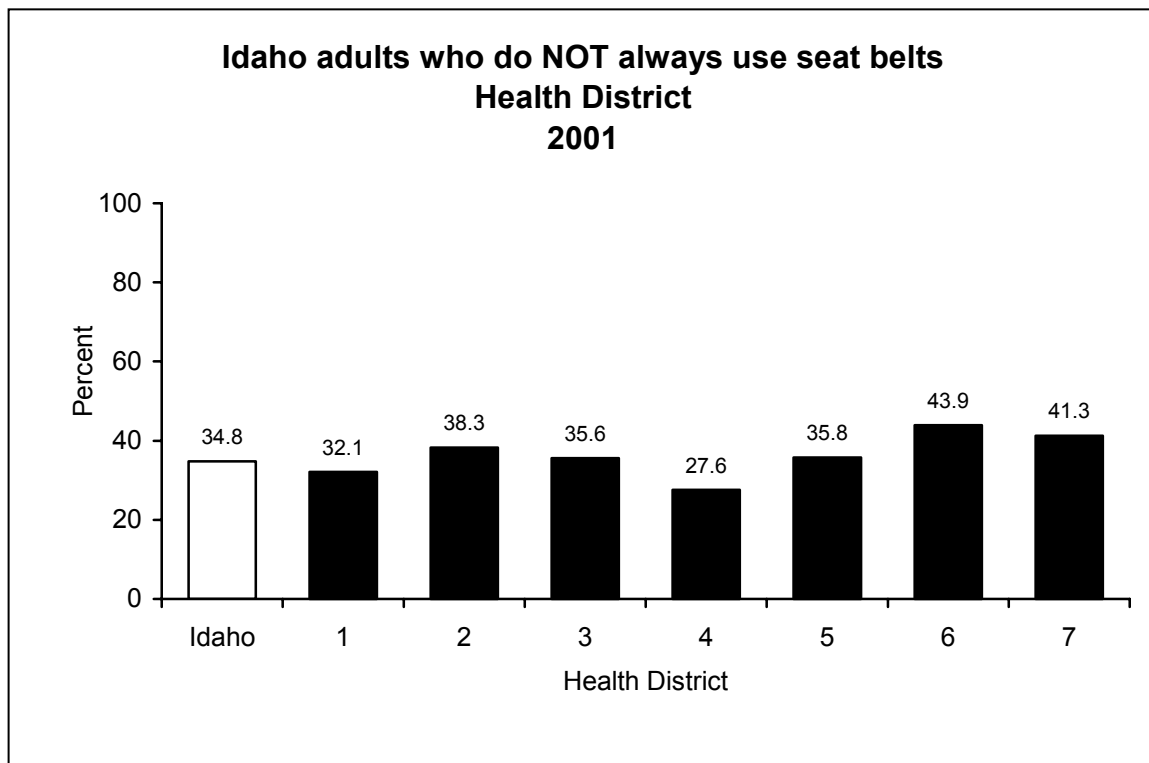
### Summary

- Men were more likely (41.6 percent) than women (28.2 percent) to not always wear seatbelts.
- Seat belt use increases with age and decreases as education decreases.
- Homemakers, students, retirees, or those unable to work were less likely to not always wear a seatbelt (27.8 percent) than those who are unemployed (43.7 percent) or employed (37.7 percent).



Breaks in the trend line indicate that data are not available for those years.

# Seat Belt Use





# Seat Belt Use

Idaho adults who do NOT always use seat belts, 2001

	State			Health District								
				District 1			District 2			District 3		
	%	95% CI	N	%	95% CI	N	%	95% CI	N	%	95% CI	N
<b>TOTAL</b>	<b>34.8</b>	33.2 36.4	4,713	<b>32.1</b>	28.2 36.0	674	<b>38.3</b>	34.2 42.4	662	<b>35.6</b>	31.7 39.5	662
<b>SEX</b>												
Male	<b>41.6</b>	39.1 44.1	2,016	<b>39.5</b>	33.0 46.0	265	<b>42.1</b>	36.0 48.2	304	<b>42.4</b>	36.1 48.7	286
Female	<b>28.2</b>	26.2 30.2	2,697	<b>25.2</b>	20.5 29.8	409	<b>34.6</b>	28.8 40.4	358	<b>29.2</b>	24.2 34.2	376
<b>AGE</b>												
18-24	<b>44.7</b>	38.8 50.6	471	<b>39.7</b>	25.6 53.8	54	<b>52.2</b>	40.0 64.5	84	<b>41.1</b>	28.0 54.2	61
25-34	<b>37.0</b>	33.2 40.8	838	<b>38.5</b>	26.9 50.1	94	<b>34.0</b>	23.4 44.6	106	<b>36.0</b>	27.6 44.4	141
35-44	<b>37.1</b>	33.6 40.6	986	<b>31.4</b>	23.6 39.2	155	<b>39.5</b>	30.2 48.7	129	<b>44.2</b>	34.2 54.2	120
45-54	<b>32.1</b>	28.6 35.6	855	<b>28.0</b>	19.8 36.2	131	<b>35.6</b>	26.2 45.0	124	<b>33.8</b>	24.7 42.9	119
55-64	<b>33.8</b>	29.1 38.5	601	<b>37.1</b>	26.5 47.7	92	<b>33.7</b>	21.7 45.7	81	<b>35.3</b>	23.9 46.7	78
65+	<b>26.5</b>	23.4 29.6	924	<b>24.2</b>	16.6 31.8	147	<b>34.5</b>	26.1 42.9	134	<b>25.9</b>	17.7 34.1	134
18-34	<b>40.2</b>	36.9 43.5	1,309	<b>39.0</b>	30.1 47.9	148	<b>42.9</b>	34.7 51.1	190	<b>38.1</b>	31.0 45.2	202
35-54	<b>34.7</b>	32.2 37.2	1,841	<b>29.6</b>	23.9 35.3	286	<b>37.6</b>	31.1 44.0	253	<b>39.0</b>	32.1 45.9	239
55+	<b>29.6</b>	26.9 32.3	1,525	<b>29.6</b>	23.3 35.8	239	<b>34.2</b>	27.3 41.2	215	<b>29.6</b>	22.9 36.3	212
<b>SEX and AGE</b>												
Male												
18-34	<b>46.8</b>	41.7 51.9	576	<b>51.7</b>	37.8 65.6	56	<b>41.6</b>	30.0 53.2	91	<b>39.9</b>	29.5 50.3	100
35-54	<b>40.5</b>	36.6 44.4	805	<b>34.2</b>	25.2 43.2	122	<b>44.6</b>	34.8 54.4	114	<b>46.3</b>	35.5 57.1	92
55+	<b>37.5</b>	32.8 42.2	623	<b>35.8</b>	25.2 46.4	86	<b>38.8</b>	28.8 48.8	98	<b>39.8</b>	29.1 50.5	93
Female												
18-34	<b>33.4</b>	29.3 37.5	733	<b>25.9</b>	16.0 35.8	92	<b>44.4</b>	32.4 56.4	99	<b>36.2</b>	26.0 46.4	102
35-54	<b>28.8</b>	25.7 31.9	1,036	<b>25.4</b>	18.1 32.7	164	<b>30.3</b>	21.9 38.7	139	<b>31.7</b>	23.7 39.7	147
55+	<b>22.9</b>	19.8 26.0	902	<b>24.3</b>	16.9 31.7	153	<b>30.3</b>	20.7 39.9	117	<b>21.2</b>	13.1 29.3	119
<b>INCOME</b>												
Less than \$15,000	<b>37.2</b>	32.1 42.3	602	<b>31.8</b>	20.4 43.2	82	<b>36.9</b>	24.9 48.9	109	<b>29.7</b>	19.1 40.3	95
\$15,000 - \$24,999	<b>38.7</b>	35.0 42.4	905	<b>37.8</b>	28.6 47.0	135	<b>40.4</b>	31.2 49.6	151	<b>33.7</b>	24.7 42.7	129
\$25,000 - \$34,999	<b>38.4</b>	34.1 42.6	738	<b>37.7</b>	27.3 48.1	109	<b>42.0</b>	30.0 54.0	87	<b>42.7</b>	33.1 52.3	120
\$35,000 - \$49,999	<b>36.0</b>	32.3 39.7	891	<b>27.2</b>	19.4 35.0	147	<b>32.2</b>	22.5 41.9	101	<b>44.9</b>	35.5 54.3	130
\$50,000+	<b>28.9</b>	25.9 31.9	1,125	<b>30.0</b>	21.4 38.6	130	<b>37.0</b>	28.4 45.6	143	<b>28.6</b>	20.3 36.8	130
<b>EMPLOYMENT</b>												
Employed	<b>37.7</b>	35.6 39.8	2,939	<b>36.4</b>	30.9 41.9	383	<b>39.1</b>	33.8 44.4	390	<b>40.1</b>	35.0 45.2	417
Unemployed	<b>43.6</b>	34.5 52.7	173	*	* *	*	*	* *	*	*	* *	*
Other**	<b>27.8</b>	25.3 30.3	1,593	<b>24.3</b>	18.6 30.0	258	<b>37.4</b>	30.3 44.5	240	<b>26.2</b>	19.7 32.7	219
<b>EDUCATION</b>												
K-11th Grade	<b>39.9</b>	34.8 45.0	444	<b>38.5</b>	25.0 52.0	62	*	* *	*	<b>42.6</b>	32.2 53.0	100
12th Grade or GED	<b>39.7</b>	36.8 42.6	1,516	<b>36.0</b>	29.1 42.8	247	<b>44.4</b>	37.0 51.8	221	<b>42.2</b>	35.1 49.3	235
Some College	<b>35.2</b>	32.3 38.1	1,479	<b>32.8</b>	25.7 39.9	207	<b>39.6</b>	32.2 47.0	209	<b>26.3</b>	19.8 32.8	189
College Graduate+	<b>27.0</b>	24.2 29.8	1,265	<b>22.1</b>	15.2 29.0	158	<b>26.9</b>	20.0 33.8	189	<b>29.9</b>	21.5 38.2	136

\*Figure not reliable by BRFSS standards (N<50)

\*\*Other includes students, homemakers, retirees, and persons unable to work

# Seat Belt Use

Idaho adults who do NOT always use seat belts, 2001

	Health District											
	District 4			District 5			District 6			District 7		
	%	95% CI		N	%	95% CI		N	%	95% CI		N
<b>TOTAL</b>	<b>27.6</b>	23.7	31.5	670	<b>35.8</b>	31.9	39.7	669	<b>43.9</b>	39.8	48.0	688
<b>SEX</b>												
Male	<b>33.6</b>	27.1	40.1	282	<b>44.9</b>	38.6	51.2	280	<b>53.1</b>	46.8	59.4	289
Female	<b>21.7</b>	17.2	26.2	388	<b>27.0</b>	22.3	31.7	389	<b>35.0</b>	29.9	40.1	399
<b>AGE</b>												
18-24	*	*	*	*	<b>54.5</b>	42.3	66.7	75	<b>60.3</b>	48.0	72.6	77
25-34	<b>35.9</b>	27.3	44.5	147	<b>32.0</b>	22.4	41.6	110	<b>41.5</b>	32.3	50.7	125
35-44	<b>28.6</b>	21.2	36.0	157	<b>34.9</b>	26.3	43.5	136	<b>50.6</b>	41.4	59.8	139
45-54	<b>22.0</b>	14.4	29.6	133	<b>37.2</b>	27.4	47.0	109	<b>39.3</b>	29.9	48.7	122
55-64	<b>27.2</b>	15.4	39.0	82	<b>31.2</b>	21.0	41.4	100	<b>38.8</b>	27.7	49.9	84
65+	<b>14.2</b>	7.1	21.3	97	<b>30.1</b>	21.7	38.5	137	<b>36.4</b>	27.8	45.0	136
18-34	<b>37.4</b>	29.0	45.8	189	<b>40.5</b>	32.7	48.3	185	<b>49.2</b>	41.6	56.8	202
35-54	<b>25.7</b>	20.2	31.1	290	<b>36.0</b>	29.5	42.5	245	<b>45.1</b>	38.4	51.8	261
55+	<b>20.2</b>	13.5	26.9	179	<b>30.5</b>	24.0	37.0	237	<b>37.4</b>	30.5	44.3	220
<b>SEX and AGE</b>												
Male												
18-34	<b>43.9</b>	30.4	57.4	75	<b>51.6</b>	40.0	63.2	83	<b>62.3</b>	51.3	73.3	85
35-54	<b>29.9</b>	21.6	38.1	135	<b>42.9</b>	32.9	52.9	110	<b>51.2</b>	40.8	61.6	104
55+	<b>28.1</b>	16.1	40.1	69	<b>39.7</b>	28.5	50.8	86	<b>45.1</b>	34.7	55.5	99
Female												
18-34	<b>30.9</b>	21.1	40.7	114	<b>28.3</b>	18.9	37.7	102	<b>35.7</b>	26.0	45.3	117
35-54	<b>21.2</b>	14.1	28.3	155	<b>29.0</b>	20.8	37.2	135	<b>38.9</b>	30.9	46.9	157
55+	<b>13.0</b>	6.3	19.7	110	<b>23.2</b>	15.9	30.5	151	<b>31.0</b>	22.3	39.7	121
<b>INCOME</b>												
Less than \$15,000	<b>45.6</b>	28.5	62.7	53	<b>31.4</b>	20.2	42.5	83	<b>52.1</b>	40.7	63.5	92
\$15,000 - \$24,999	<b>35.1</b>	24.9	45.3	104	<b>40.3</b>	31.7	48.9	148	<b>39.7</b>	30.3	49.1	133
\$25,000 - \$34,999	<b>26.2</b>	15.3	37.1	102	<b>37.4</b>	27.4	47.4	108	<b>51.7</b>	41.1	62.3	104
\$35,000 - \$49,999	<b>27.1</b>	17.7	36.5	116	<b>43.9</b>	34.9	52.9	138	<b>42.6</b>	33.5	51.6	136
\$50,000+	<b>22.5</b>	16.6	28.4	242	<b>24.5</b>	16.7	32.3	129	<b>39.0</b>	31.0	47.0	163
<b>EMPLOYMENT</b>												
Employed	<b>29.5</b>	24.8	34.2	463	<b>39.3</b>	34.2	44.4	441	<b>45.8</b>	40.5	51.1	419
Unemployed	*	*	*	*	*	*	*	*	*	*	*	*
Other**	<b>21.6</b>	14.3	28.8	184	<b>27.1</b>	20.4	33.8	209	<b>37.6</b>	31.1	44.0	243
<b>EDUCATION</b>												
K-11th Grade	*	*	*	*	<b>41.0</b>	29.6	52.4	87	<b>57.6</b>	43.9	71.3	60
12th Grade or GED	<b>36.5</b>	27.9	45.1	166	<b>33.9</b>	27.2	40.6	220	<b>46.6</b>	39.3	53.9	213
Some College	<b>31.4</b>	24.0	38.8	209	<b>38.5</b>	31.1	45.9	200	<b>45.8</b>	38.9	52.7	245
College Graduate+	<b>20.6</b>	15.1	26.0	250	<b>32.6</b>	24.5	40.7	161	<b>32.4</b>	24.6	40.2	169

\*Figure not reliable by BRFSS standards (N<50)

\*\*Other includes students, homemakers, retirees, and persons unable to work

# Marijuana Use

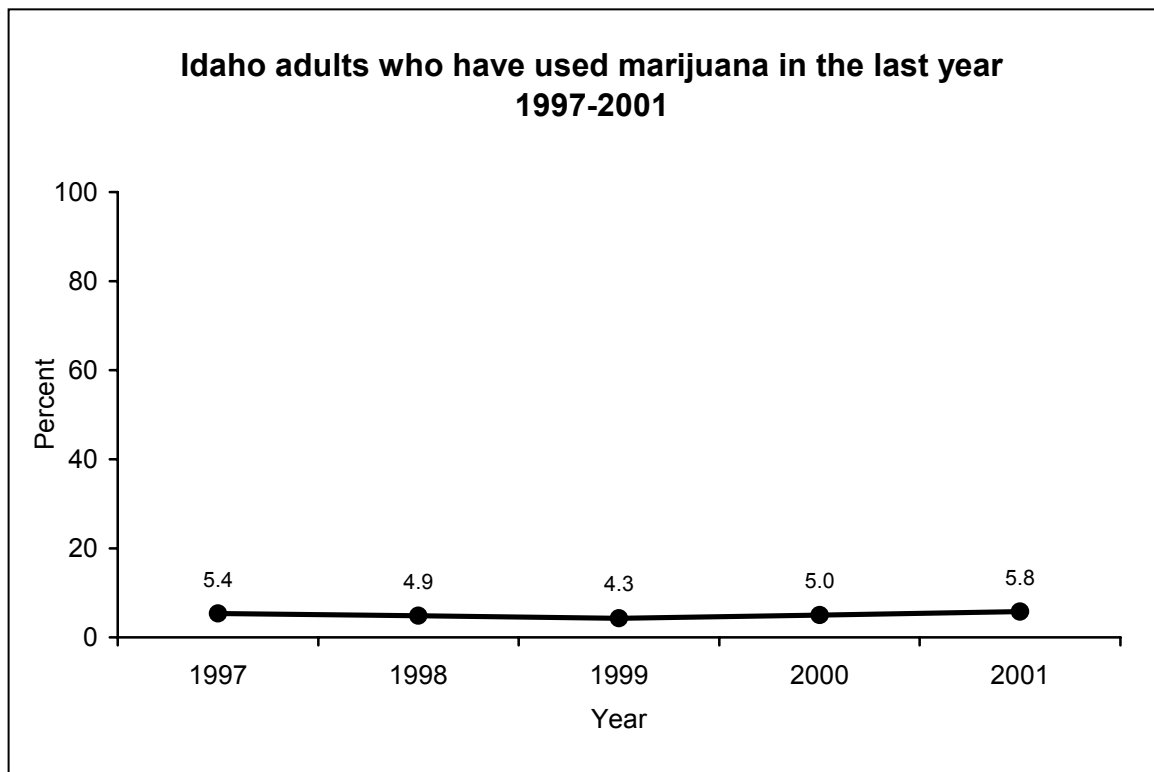
## **Question:** About how many times in the last 12 months have you used marijuana, in any form, for non-medical reasons?

Appendix A, p. 84

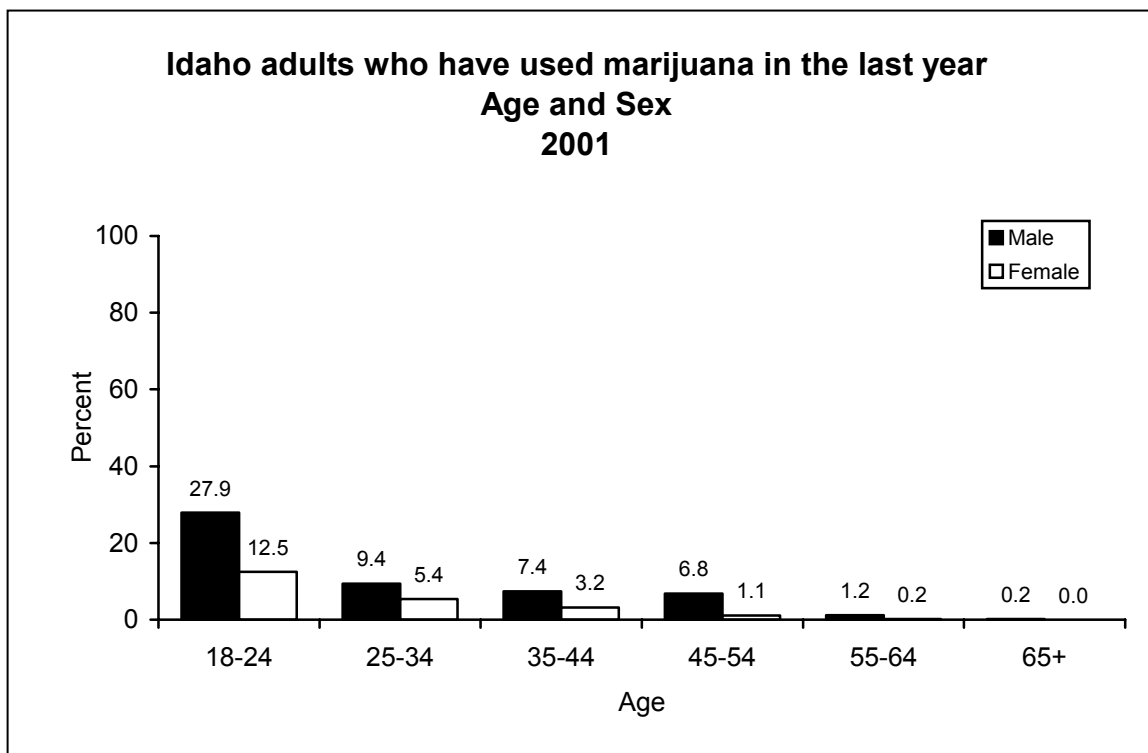
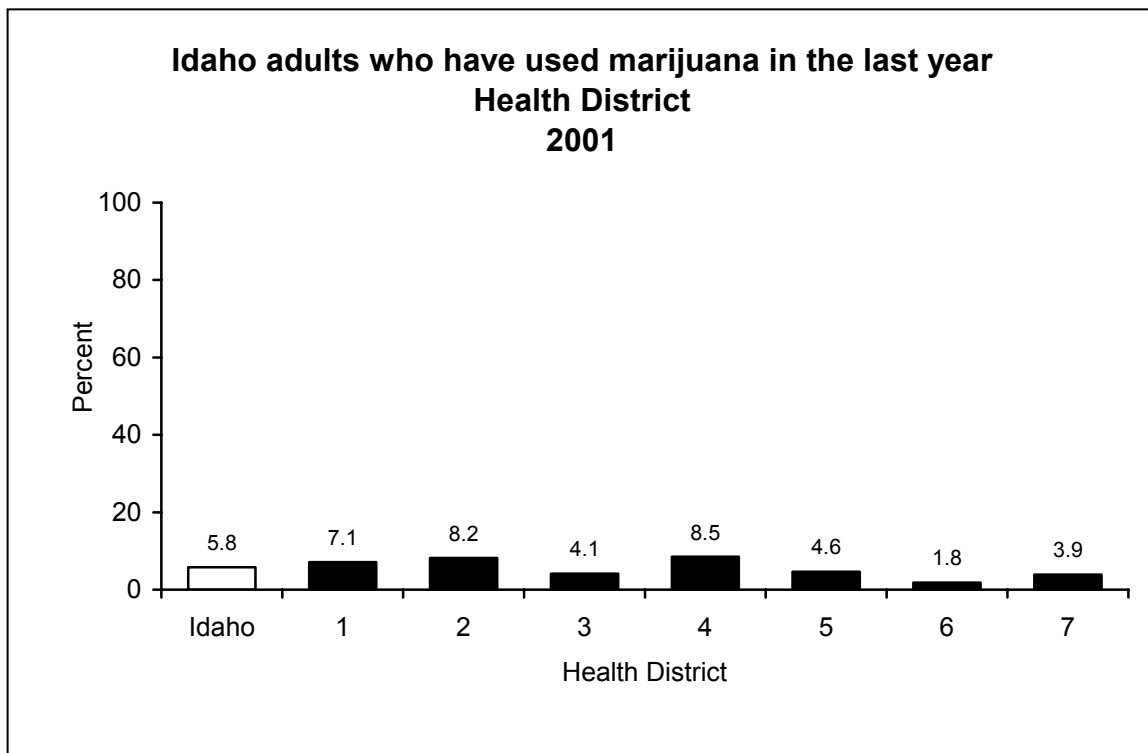
Marijuana is the most widely used illicit drug in the United States and tends to be the first illegal drug people use. Short-term effects of marijuana include: impaired short-term memory, reduced ability to concentrate, loss of coordination, increased heart rate, bloodshot eyes, dry mouth and throat, paranoia and hallucinations. Long-term effects of using marijuana are: cancer risks, testosterone level decrease in men and an increased level in women, lower sperm counts, and an increased risk of infertility (U.S. Department of Health and Human Services, 2002).

### **Summary**

- Men report a higher rate of marijuana use in the past year (8.5 percent) compared with women (3.3 percent).
- One in five (20.2 percent) 18-24 year olds report marijuana use in the past year.
- Unemployed adults are more likely (17.5 percent) to have used marijuana in the last year than those who are employed (6.3 percent) or students, retirees, homemakers, and persons unable to work (3.5 percent).



# Marijuana Use



# Marijuana Use

Idaho adults who have used marijuana in the last year, 2001

	State			Health District												
				District 1			District 2			District 3						
	%	95% CI		N	%	95% CI		N	%	95% CI		N	%	95% CI		N
TOTAL	5.8	4.8	6.8	4,682	7.2	5.0	9.3	667	8.2	5.8	10.6	658	4.1	1.9	6.3	661
SEX																
Male	8.5	6.7	10.3	1,996	9.3	5.5	13.0	259	9.4	5.9	12.9	302	4.5	1.4	7.6	286
Female	3.3	2.5	4.1	2,686	5.2	2.7	7.7	408	7.1	4.0	10.2	356	3.7	0.8	6.6	375
AGE																
18-24	20.3	14.8	25.7	465	23.7	11.7	35.7	53	25.4	15.6	35.2	82	19.3	6.4	32.2	61
25-34	7.5	5.3	9.7	833	11.0	3.9	18.1	93	8.8	2.9	14.7	106	3.4	0.1	6.7	141
35-44	5.3	3.4	7.2	979	6.3	2.0	10.6	154	8.5	3.2	13.8	128	4.7	0.0	9.8	121
45-54	3.9	2.3	5.5	844	6.4	1.8	10.9	128	4.8	0.1	9.5	121	1.2	0.0	3.3	117
55-64	0.7	0.0	1.4	600	1.7	0.0	5.0	92	3.2	0.0	6.8	82	0.0	0.0	0.0	78
65+	0.1	0.0	0.3	923	0.5	0.0	1.5	146	0.0	0.0	0.0	134	0.0	0.0	0.0	134
18-34	12.8	10.1	15.5	1,298	16.0	9.6	22.4	146	16.8	11.8	21.8	188	10.0	3.9	16.1	202
35-54	4.6	3.4	5.8	1,823	6.3	3.2	9.4	282	6.7	3.2	10.2	249	3.0	0.1	5.8	238
55+	0.3	0.0	0.6	1,523	1.0	0.0	2.5	238	1.3	0.0	2.9	216	0.0	0.0	0.0	212
SEX and AGE																
Male																
18-34	17.1	12.6	21.6	570	15.5	5.9	25.1	54	16.8	9.0	24.6	89	9.2	1.8	16.5	100
35-54	7.1	4.9	9.3	794	10.4	4.5	16.3	119	8.7	3.2	14.1	112	4.2	0.0	9.5	92
55+	0.6	0.0	1.2	620	2.2	0.0	5.5	85	1.7	0.0	4.2	99	0.0	0.0	0.0	93
Female																
18-34	8.4	5.9	10.9	728	16.4	8.0	24.8	92	16.9	8.8	24.9	99	10.9	1.5	20.3	102
35-54	2.2	1.2	3.2	1,029	2.5	0.0	5.0	163	4.8	0.1	9.4	137	1.7	0.0	3.7	146
55+	0.1	0.0	0.3	903	0.0	0.0	0.0	153	0.9	0.0	2.7	117	0.0	0.0	0.0	119
INCOME																
Less than \$15,000	9.9	6.4	13.4	596	17.1	7.9	26.3	82	15.9	8.3	23.5	107	1.8	0.0	5.2	95
\$15,000 - \$24,999	9.0	6.3	11.7	906	8.7	3.4	14.0	134	10.5	5.4	15.6	154	10.1	2.1	18.1	129
\$25,000 - \$34,999	5.0	2.1	7.9	735	1.7	0.0	4.2	109	5.5	0.0	11.6	86	3.8	0.0	9.1	120
\$35,000 - \$49,999	4.9	2.9	6.9	885	6.9	2.3	11.4	146	6.5	1.2	11.8	100	1.9	0.0	4.1	131
\$50,000+	3.8	2.4	5.2	1,115	6.1	0.7	11.5	128	6.7	1.8	11.6	141	3.5	0.2	6.8	128
EMPLOYMENT																
Employed	6.3	5.1	7.5	2,917	7.5	4.6	10.4	377	9.0	5.9	12.1	388	5.8	2.4	9.1	416
Unemployed	17.5	9.3	25.7	171	*	*	*	*	*	*	*	*	*	*	*	*
Other**	3.5	1.9	5.1	1,586	4.6	1.6	7.5	257	4.5	2.0	7.0	238	0.4	0.0	1.2	219
EDUCATION																
K-11th Grade	4.5	1.8	7.2	445	6.7	0.4	13.0	62	*	*	*	*	3.8	0.0	7.7	101
12th Grade or GED	6.9	4.9	8.9	1,506	5.0	2.0	8.0	245	6.5	2.9	10.0	219	6.1	1.2	11.0	235
Some College	6.0	4.1	7.9	1,465	11.3	6.2	16.4	205	11.5	6.6	16.4	207	2.5	0.2	4.8	188
College Graduate+	4.9	3.2	6.6	1,257	4.9	0.8	9.0	155	6.3	2.8	9.8	188	2.8	0.1	5.5	135

\*Figure not reliable by BRFSS standards (N<50)

\*\*Other includes students, homemakers, retirees, and persons unable to work

# Marijuana Use

Idaho adults who have used marijuana in the last year, 2001

	Health District															
	District 4				District 5				District 6				District 7			
	%	95% CI		N	%	95% CI		N	%	95% CI		N	%	95% CI		N
TOTAL	8.5	5.6	11.4	664	4.6	2.6	6.6	666	1.8	0.6	3.0	681	3.9	2.3	5.5	685
SEX																
Male	14.2	8.8	19.6	278	7.0	3.7	10.3	278	2.8	0.4	5.2	286	5.5	2.8	8.2	307
Female	2.9	0.9	4.8	386	2.3	0.7	3.9	388	0.9	0.1	1.6	395	2.4	0.6	4.2	378
AGE																
18-24	*	*	*	*	14.5	5.9	23.1	75	6.9	0.0	14.5	75	8.9	2.6	15.2	78
25-34	9.3	3.8	14.8	145	7.7	2.6	12.8	109	2.6	0.0	5.3	124	7.9	2.8	13.0	115
35-44	7.1	2.6	11.6	155	3.7	0.0	9.0	135	2.2	0.0	4.6	136	2.4	0.0	4.8	150
45-54	5.9	1.4	10.4	133	4.1	0.4	7.8	108	0.0	0.0	0.0	122	2.3	0.0	4.7	115
55-64	0.0	0.0	0.0	81	1.3	0.0	3.8	101	0.0	0.0	0.0	83	0.0	0.0	0.0	83
65+	0.0	0.0	0.0	98	0.0	0.0	0.0	136	0.0	0.0	0.0	136	0.0	0.0	0.0	139
18-34	18.5	10.7	26.3	186	10.3	5.6	15.0	184	4.4	0.9	7.9	199	8.4	4.3	12.5	193
35-54	6.6	3.5	9.7	288	3.9	0.6	7.2	243	1.1	0.0	2.3	258	2.4	0.6	4.2	265
55+	0.0	0.0	0.0	179	0.5	0.0	1.5	237	0.0	0.0	0.0	219	0.0	0.0	0.0	222
SEX and AGE																
Male																
18-34	30.9	17.4	44.4	74	13.3	6.0	20.6	82	6.6	0.1	13.1	85	12.3	5.4	19.2	86
35-54	10.3	4.6	16.0	134	6.7	0.5	12.9	108	1.5	0.0	3.7	103	2.6	0.0	5.3	126
55+	0.0	0.0	0.0	68	1.1	0.0	3.3	87	0.0	0.0	0.0	97	0.0	0.0	0.0	91
Female																
18-34	5.9	0.5	11.3	112	7.0	1.5	12.5	102	2.1	0.0	4.5	114	4.5	0.4	8.6	107
35-54	2.6	0.0	5.3	154	1.0	0.0	2.6	135	0.7	0.0	1.7	155	2.2	0.0	4.4	139
55+	0.0	0.0	0.0	111	0.0	0.0	0.0	150	0.0	0.0	0.0	122	0.0	0.0	0.0	131
INCOME																
Less than \$15,000	16.3	1.8	30.8	54	5.4	0.0	11.7	82	8.6	0.0	17.4	88	4.7	0.2	9.2	88
\$15,000 - \$24,999	16.1	6.9	25.3	104	5.2	1.7	8.7	147	3.3	0.2	6.4	133	2.1	0.0	4.6	105
\$25,000 - \$34,999	11.5	1.5	21.5	102	1.9	0.0	4.1	108	0.0	0.0	0.0	102	4.5	0.8	8.2	108
\$35,000 - \$49,999	7.4	1.1	13.7	113	4.3	0.8	7.8	138	1.1	0.0	2.7	135	4.4	0.4	8.3	122
\$50,000+	3.2	0.8	5.7	239	6.5	0.6	12.4	129	0.0	0.0	0.0	163	3.8	0.3	7.3	187
EMPLOYMENT																
Employed	8.1	5.0	11.2	459	5.6	3.0	8.1	441	2.2	0.4	4.0	413	4.6	2.4	6.8	423
Unemployed	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Other**	6.5	0.6	12.4	183	3.0	0.6	5.4	207	1.0	0.0	2.1	242	2.2	0.0	4.3	240
EDUCATION																
K-11th Grade	*	*	*	*	1.8	0.0	4.3	86	3.0	0.0	7.5	60	0.0	0.0	0.0	51
12th Grade or GED	12.9	6.2	19.6	164	5.4	1.4	9.3	221	3.4	0.0	6.8	208	5.6	2.3	8.9	214
Some College	7.2	1.7	12.6	206	4.6	1.5	7.7	198	1.2	0.0	2.5	243	3.5	0.5	6.4	218
College Graduate+	6.9	3.0	10.8	249	5.2	1.5	8.9	160	0.4	0.0	1.1	169	3.4	0.9	5.9	201

\*Figure not reliable by BRFSS standards (N<50)

\*\*Other includes students, homemakers, retirees, and persons unable to work



# Appendix A

## 2001 Behavioral Risk Factor Surveillance System Questionnaire

The results to most questions have been included with the text of the questions. The number of people sampled who responded to the question (n) is listed at the end of each question. The percent for each response category can be found in parentheses to the right of the response categories. Note also that the percentages are weighted results (see Methodology on page 1) and do not directly correspond to the n's for each question. The results have not been provided for all questions.

**NOTE:** Care should be exercised when interpreting these results. In order to interpret the results correctly, it is important to understand what group has been asked the question. For example, in question S1 on page 76, 17.1% of the respondents have Medicare. However this question is asked only of those who respond “yes” to question Q2.1. The exclusion of certain respondents is indicated by the bold text at the beginning of question S1. These are called “skip patterns” and are used extensively throughout the survey. In order to properly identify what group has been asked a specific question, the skip pattern must be considered. In addition, there may be some confusion when trying to compare results from the appendix to those in the previous sections. The risk factors reported in the main body of the report are often constructed from the responses of multiple questions and may not be comparable to the results of one particular question.

For help in interpreting these results, contact the Idaho BRFSS Project Director at (208) 334-5769.



## Section 1: Health Status

Q1.1 Would you say that in general your health is excellent, very good, good, fair, or poor? (n=4,822)

1. Excellent (24.3%)
2. Very good (33.9%)
3. Good (28.8%)
4. Fair (9.6%)
5. Poor (3.4%)
7. Don't know / not sure
9. Refused

Q1.2 Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good? (n=4,767)

- Number of days
88. None
  77. Don't know / not sure
  99. Refused
- Mean (3.3 days)

Q1.3 Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good? (n=4,771)

- Number of days
88. None **skips to q2.1 if q1.2 is also 88**
  77. Don't know / not sure
  99. Refused
- Mean (3.5 days)

Q1.4 -- **only get if q1.2 ≠ 88 or q1.3 ≠ 88** During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation? (n=2,637)

- Number of days
88. None
  77. Don't know / not sure
  99. Refused
- Mean (1.9 days)

## Section 2: Health Care Access

Q2.1 Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare? (n=4,819)

1. Yes (85.2%)
2. No **skips to q2.2** (14.8%)
7. Don't know / not sure **skips to q3.3**
9. Refused **skips to q3.3**

S1 -- **only get if q2.1 = 1** What type of health care coverage do you use to pay for most of your medical care? Is it coverage through: (n=4,113)

01. Your employer **skips to q2.2** (46.5%)
02. Someone else's employer **skips to q2.2** (16.2%)
03. A plan that you or someone else buys on your own **skips to q2.2** (11.7%)
04. Medicare **skips to q2.2** (17.1%)
05. Medicaid or Medical Assistance **skips to q2.2** (3.1%)
06. The military, CHAMPUS, Tricare, or the VA **skips to q2.2** (2.9%)
07. The Indian Health Service **skips to q2.2** (0.3%)
08. Some other source **skips to q2.2** (2.2%)
88. None **skips to q2.2** (0.1%)
77. Don't know/ not sure **skips to q2.2**
99. Refused **skips to q2.2**

S2 -- **only get if q2.1 = 2 or S1 = 88** (no insurance) What is the main reason you are without health care coverage? (n=676)

01. Lost job or changed employers (17.1%)
02. Spouse or parent lost job or changed employers [includes any person who had been providing insurance prior to job loss or change] (2.2%)
03. Became divorced or separated (0.6%)
04. Spouse or parent died (0.0%)
05. Became ineligible because of age or because left school (1.4%)
06. Employer doesn't offer or stopped offering coverage (11.3%)
07. Cut back to part time or became temporary employee (1.4%)
08. Benefits from employer or former employer ran out (0.8%)
09. Couldn't afford to pay the premiums (49.8%)
10. Insurance company refused coverage (0.5%)
11. Lost Medicaid or Medical Assistance eligibility (0.2%)
87. Other (14.8%)
77. Don't know / not sure
99. Refused

S3 -- **only get if q2.1 = 2 or S1 = 88** (no insurance) About how long has it been since you had health care coverage? (n=681)

1. Within the past 6 months (1 to 6 months ago) (23.5%)
2. Within the past year (6 to 12 months ago) (11.6%)
3. Within the past 2 years (1 to 2 years ago) (13.8%)
4. Within the past 5 years (2 to 5 years ago) (18.2%)
5. 5 or more years ago (20.6%)
7. Don't know / not sure
8. Never (12.3%)
9. Refused

\*\*\* ALL RESPONDENTS **SKIP TO Q2.3** \*\*\*

Q2.2 During the past 12 months, was there any time that you did not have any health insurance or coverage? (n=4,126)

1. Yes (6.9%)
2. No **skips to q2.3** (93.1%)
7. Don't know / not sure **skips to q2.3**
9. Refused **skips to q2.3**

S4 -- **only get if q2.2 = 1** What was the main reason you were without health care coverage during the past 12 months? (n=279)

01. Lost job or changed employers (40.0%)
02. Spouse or parent lost job or changed employers [includes any person who had been providing insurance prior to job loss or change] (5.3%)
03. Became divorced or separated (0.8%)
04. Spouse or parent died (1.0%)
05. Became ineligible because of age or because left school (1.8%)
06. Employer doesn't offer or stopped offering coverage (12.0%)
07. Cut back to part time or became temporary employee (2.2%)
08. Benefits from employer or former employer ran out (1.6%)
09. Couldn't afford to pay the premiums (22.6%)
10. Insurance company refused coverage (0.7%)
11. Lost Medicaid or Medical Assistance eligibility (1.4%)
87. Other (10.6%)
77. Don't know / not sure
99. Refused

Q2.3 Do you have one person you think of as your personal doctor or health care provider? (n=4,828)

1. Yes - only one (63.7%)
2. More than one (8.6%)
3. No (27.7%)
7. Don't know / not sure
9. Refused

S5 Was there a time during the past 12 months when you needed to see a doctor, but could not because of the cost? (n=4,829)

1. Yes (11.9%)
2. No (88.1%)
7. Don't know/ not sure
9. Refused

S6 About how long has it been since you last visited a doctor for a routine checkup? (n=4,764)

1. Within the past year (1 to 12 months ago) (62.6%)
2. Within the past 2 years (1 to 2 years ago) (14.3%)
3. Within the past 5 years (2 to 5 years ago) (10.0%)
4. 5 or more years (11.2%)
7. Don't know / not sure
8. Never (1.9%)
9. Refused

### Section 3: Exercise

Q3.1 During the past 30 days, other than your regular job, did you participate in any physical activities or exercise such as running, calisthenics, golf, gardening, or walking for exercise? (n=4,831)

1. Yes (79.0%)
2. No (21.0%)
7. Don't know / not sure
9. Refused

### Section 4: Hypertension Awareness

Q4.1 Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure? (n=4,823)

1. Yes (24.6%)
2. No **skips to q5.1** (75.4%)
7. Don't know / not sure **skips to q5.1**
9. Refused **skips to q5.1**

Q4.2 -- **only get if q 4.1 = 1** Are you currently taking medicine for your high blood pressure? (n=1,236)

1. Yes (65.7%)
2. No (34.3%)
7. Don't know / not sure
9. Refused

### Section 5: Cholesterol Awareness

Q5.1 Blood cholesterol is a fatty substance found in the blood. Have you ever had your blood cholesterol checked? (n=4,712)

1. Yes (73.0%)
2. No **skips to q6.1** (27.0%)
7. Don't know / not sure **skips to q6.1**
9. Refused **skips to q6.1**

Q5.2 -- **only get if q5.1 = 1** About how long has it been since you last had your blood cholesterol checked? (n=3,457)

1. Within the past year (1 to 12 MONTHS ago) (60.0%)
2. Within the past 2 years (1 to 2 years ago) (17.7%)
3. Within the past 5 years (2 to 5 years ago) (12.9%)
4. 5 or more years ago (9.5%)
7. Don't know / not sure
9. Refused

Q5.3 -- **only get if q5.1 = 1** Have you ever been told by a doctor, nurse, or other health professional that your blood cholesterol is high? (n=3,486)

1. Yes (30.3%)
2. No (69.7%)
7. Don't know / not sure
9. Refused

### Section 6: Asthma

Q6.1 Have you ever been told by a doctor, nurse, or other health professional that you had asthma? (n=4,830)

1. Yes (11.7%)
2. No **skips to q7.1** (88.3%)
7. Don't know / not sure **skips to q7.1**
9. Refused **skips to q7.1**

Q6.2 -- **only get if q6.1 = 1** Do you still have asthma? (n=568)

1. Yes (69.2%)
2. No (30.8%)
7. Don't know / not sure
9. Refused

### Section 7: Diabetes

Q7.1 Have you ever been told by a doctor that you have diabetes? If "Yes" and female, ask "Was this only when you were pregnant?" (n=4,830)

1. Yes (5.4%)
2. Yes, but female told only during pregnancy **skips to q8.1** (0.8%)
3. No **skips to q8.1** (93.7%)
7. Don't know / not sure **skips to q8.1**
9. Refused **skips to q8.1**

### Module 1: Diabetes

M1.1-- **only get if q7.1= 1** How old were you when you were told you have diabetes? (n=272)

- Code age in years (97 = 97 or older)
98. Don't know / not sure
  99. Refused
- Mean (49 years)

M1.2 -- **only get if q7.1= 1** Are you now taking insulin? (n=279)

1. Yes (28.5%)
2. No (72.5%)
9. Refused

M1.3 -- **only get if q7.1= 1** Are you now taking diabetes pills? (n=279)

1. Yes (67.6%)
2. No (32.4%)
7. Don't know / not sure
9. Refused

M1.4 -- **only get if q7.1= 1** About how often do you check your blood for glucose or sugar? Include times when checked by a family member or friend, but do not include times when checked by a health professional. (n=275)

- Enter times per day, week, month or year
888. Never
  777. Don't know / not sure
  999. Refused
- More than once a day (36.5%)
- Once a day (21.7%)
- Less than once a day (29.1%)
- Never (12.7%)

M1.5 -- **only get if q7.1= 1** About how often do you check your feet for any sores or irritations? Include times when checked by a family member or friend, but do not include times when checked by a health professional. (n=274)

- Enter times per day, week, month or year
888. Never
  555. No feet
  777. Don't know / not sure
  999. Refused

M1.6 -- **only get if q7.1= 1** Have you ever had any sores or irritations on your feet that took more than four weeks to heal? (n=279)

1. Yes (11.8%)
2. No (88.2%)
7. Don't know / not sure
9. Refused

M1.7 -- **only get if q7.1 = 1** About how many times in the past 12 months have you seen a doctor, nurse, or other health professional for your diabetes? (n=277)

- Enter number of times
88. None
  77. Don't know / not sure
  99. Refused
- 1-3 visits (44.4%)
- 4 or more visits (46.7%)
- No visits (8.9%)

M1.8 -- **only get if q7.1= 1** A test for hemoglobin "A one C" measures the average level of blood sugar over the past three months. About how many times in the past 12 months has a doctor, nurse, or other health professional checked you for hemoglobin "A one C"? (n=248)

- Enter Number of times (76 = 76 or more)
88. None
  98. Never heard of hemoglobin "A one C" test (2.1%)
  77. Don't know / not sure
  99. Refused
- 1-3 visits (58.0%)
- 4 or more visits (30.5%)
- No visits (9.4%)

M1.9 -- **only get if M1.5 ≠ 55** About how many times in the past 12 months has a health professional checked your feet for any sores or irritations? (n=274)

Enter Number of times (76 = 76 or more)

- 88. None
- 77. Don't know / not sure
- 99. Refused
- 1-3 times (47.6%)
- 4 or more times (17.6%)
- None (34.8%)

M1.10 -- **only get if q7.1 = 1** When was the last time you had an eye exam in which the pupils were dilated? This would have made you temporarily sensitive to bright light. (n=274)

- 1. Within the past month (0 to 1 month ago) (16.5%)
- 2. Within the past year (1 to 12 months ago) (45.3%)
- 3. Within the past 2 years (1 to 2 years ago) (20.6%)
- 4. 2 or more years ago (13.3%)
- 8. Never (4.2%)
- 7. Don't know / not sure
- 9. Refused

M1.11 -- **only get if q7.1 = 1** Has a doctor ever told you that diabetes has affected your eyes or that you had retinopathy? (n=276)

- 1. Yes (19.2%)
- 2. No (80.8%)
- 7. Don't know / not sure
- 9. Refused

M1.12 -- **only get if q7.1 = 1** Have you ever taken a course or class in how to manage your diabetes yourself? (n=279)

- 1. Yes (64.3%)
- 2. No (35.7%)
- 7. Don't know / not sure
- 8. Refused

## Section 8: Arthritis

Q8.1 During the past 12 months, have you had pain, aching, stiffness or swelling in or around a joint? (n=4,824)

- 1. Yes (47.9%)
- 2. No **skips to q8.5** (52.1%)
- 7. Don't know / not sure **skips to q8.5**
- 9. Refused **skips to q8.5**

Q8.2 -- **only get if q8.1 = 1** Were these symptoms present on most days for at least one month? (n=2,360)

- 1. Yes (58.0%)
- 2. No (42.0%)
- 7. Don't know / not sure
- 9. Refused

Q8.3 -- **only get if q8.1 = 1** Are you now limited in any way in any activities because of joint symptoms? (n=2,377)

- 1. Yes (31.6%)
- 2. No (68.4%)
- 7. Don't know / not sure
- 9. Refused

Q8.4 -- **only get if q8.1 = 1** Have you ever seen a doctor, nurse, or other health professional for these joint symptoms? (n=2,383)

- 1. Yes (61.6%)
- 2. No (38.4%)
- 7. Don't know / not sure
- 9. Refused

Q8.5 Have you ever been told by a doctor that you have arthritis? (n=4,819)

- 1. Yes (21.9%)
- 2. No (78.1%)
- 7. Don't know / not sure
- 9. Refused

Q8.6 -- **only get if q8.5 = 1** Are you currently being treated by a doctor for arthritis? (n=1,141)

- 1. Yes (36.3%)
- 2. No (63.7%)
- 7. Don't know / not sure
- 9. Refused

## Section 9: Immunization

Q9.1 During the past 12 months, have you had a flu shot? (n=4,828)

- 1. Yes (29.4%)
- 2. No (70.6%)
- 7. Don't know / not sure
- 9. Refused

Q9.2 Have you ever had a pneumonia shot? This shot is usually given only once or twice in a person's lifetime and is different from the flu shot. It is also called the pneumococcal vaccine. (n=4,488)

- 1. Yes (22.9%)
- 2. No (77.1%)
- 7. Don't know / not sure
- 9. Refused

## Section 10: Tobacco Use

Q10.1 Have you smoked at least 100 cigarettes in your entire life? (n=4,825)

5 packs = 100 cigarettes

- 1. Yes (44.0%)
- 2. No **skips to q11.1** (56.0%)
- 7. Don't know / not sure **skips to q11.1**
- 9. Refused **skips to q11.1**

Q10.2 -- **only get if q10.1 = 1** Do you now smoke cigarettes every day, some days, or not at all? (n=2,135)

- 1. Every day (34.4%)
- 2. Some days (10.1%)
- 3. Not at all **skips to q11.1** (55.5%)
- 9. Refused **skips to q11.1**

Q10.3 -- **only get if q10.2 < 3** During the past 12 months, have you stopped smoking for one day or longer because you were trying to quit smoking? (n=945)

- 1. Yes (53.6%)
- 2. No (46.4%)
- 7. Don't know / not sure
- 9. Refused

## Section 11: Alcohol Consumption

Q11.1 A drink of alcohol is 1 can or bottle of beer, 1 glass of wine, 1 can or bottle of wine cooler, 1 cocktail, or 1 shot of liquor. During the past 30 days, how often have you had at least one drink of any alcoholic beverage? (n=4,805)

Enter days per week or per month

888. No drinks in past 30 days **skips to q12.1**

777. Don't know / not sure **skips to q12.1**

999. Refused **skips to q12.1**

Q11.2 -- **only get if q11.1 < 777** On the days when you drank, about how many drinks did you drink on the average? (n=2,281)

Enter number of drinks (76 = 76 or more)

77. Don't know / not sure

99. Refused

Mean (2.2 drinks)

Q11.3 -- **only get if q11.1 < 777** Considering all types of alcoholic beverages, how many times during the past 30 days did you have 5 or more drinks on an occasion? (n=2,287)

Number of times

88 None

77. Don't know / not sure

99. Refused

Mean (1.1 times)

## Section 12: Firearms

The next question is about firearms, including weapons such as pistols, shotguns, and rifles; not BB guns, starter pistols, or guns that cannot fire.

Q12.1 Are any firearms now kept in or around your home? Include those kept in a garage, outdoor storage area, car, truck, or other motor vehicle. (n=4,430)

- 1. Yes (55.3%)
- 2. No (44.7%)
- 7. Don't know / not sure
- 9. Refused

### Section 13: Demographics

Q13.1 What is your age? (n=4,790)

Code age in years

07. Don't know / not sure

09. Refused

Mean age (45.6 years)

Q13.2 Are you Hispanic or Latino? (n=4,814)

1. Yes (4.3%)

2. No (95.7%)

7. Don't know / not sure

9. Refused

Q13.3 Which one or more of the following would you say is your race? Would you say: White, Black or African American, Asian, Native Hawaiian or Other Pacific Islander, American Indian or Alaska Native, or Other? (n=4,786)

1. White

2. Black or African American

3. Asian

4. Native Hawaiian or Other Pacific Islander

5. American Indian, Alaska Native

6. Other [specify]

8. No additional choices

7. Don't know / not sure

9. Refused

Q13.4 -- **only get if more than one response given for q13.3** Which one of these groups would you say best represents your race? (n=72)

1. White

2. Black or African American

3. Asian

4. Native Hawaiian or Other Pacific Islander

5. American Indian, Alaska Native

6. Other [specify]

7. Don't know / not sure

9. Refused

Q13.5 Are you: married, divorced, widowed, separated, never married, or a member of an unmarried couple? (n=4,810)

1. Married (67.5%)

2. Divorced (9.7%)

3. Widowed (6.1%)

4. Separated (1.1%)

5. Never married (12.9%)

6. A member of an unmarried couple (2.7%)

9. Refused

Q13.6 How many children less than 18 years of age live in your household? (n=4,823)

1. One (14.4%)

2. Two (15.7%)

3. Three (7.5%)

4. Four (2.7%)

5. Five (1.1%)

6. Six (0.5%)

7. Seven (0.1%)

8. Eight (0.0%)

88. None (58.0%)

99. Refused

Q13.7 What is the highest grade or year of school you completed? (n=4,822)

Read only if necessary

1. Never attended school or only attended kindergarten (0.0%)

2. Grades 1 through 8 (Elementary) (2.0%)

3. Grades 9 through 11 (Some high school) (7.6%)

4. Grade 12 or GED (High school graduate) (31.8%)

5. College 1 year to 3 years (Some college or technical school) (31.0%)

6. College 4 years or more (College graduate) (27.5%)

9. Refused

Q13.8 Are you currently: employed for wages, self-employed, out of work for more than 1 year, out of work for less than 1 year, a homemaker, a student, retired, or unable to work? (n=4,824)

1. Employed for wages (53.6%)

2. Self-employed (10.2%)

3. Out of work for more than 1 year (1.1%)

4. Out of work for less than 1 year (2.9%)

5. A Homemaker (8.7%)

6. A Student (4.0%)

7. Retired (16.4%)

8. Unable to work (3.3%)

9. Refused

Q13.9 Is your annual household income from all sources: (n=4,354)

01. Less than \$10,000 (5.3%)

02. Less than \$15,000 (\$10,000 to less than \$15,000) (6.1%)

03. Less than \$20,000 (\$15,000 to less than \$20,000) (8.6%)

04. Less than \$25,000 (\$20,000 to less than \$25,000) (10.9%)

05. Less than \$35,000 (\$25,000 to less than \$35,000) (17.9%)

06. Less than \$50,000 (\$35,000 to less than \$50,000) (21.7%)

07. Less than \$75,000 (\$50,000 to less than \$75,000) (16.9%)

08. \$75,000 or more (12.6%)

77. Don't know / not sure

99. Refused

Q13.10 About how much do you weigh without shoes? Round fractions up. (n=4,600)

Enter weight in pounds

777. Don't know / not sure

999. Refused

Mean male (192.6 lbs.)

Mean Female (154.4 lbs.)

Q13.11 About how tall are you without shoes? (n=4,797)

Round fractions down

Enter height in feet and inches

777. Don't know / not sure

999. Refused

Q13.12 What county do you live in? (n=4,804)

Fips county code

888. Other city/town name

777. Don't know / not sure

999. Refused

Q13.13 Do you have more than one telephone number in your household? Do not include cell phones or numbers that are only used by a computer or fax machine. (n=4,828)

1. Yes (7.0%)

2. No **skips to q13.15** (93.0%)

7. Don't know / not sure **skips to q13.15**

9. Refused **skips to q13.15**

Q13.14 -- **only get if q13.13 = 1** How many of these are residential numbers? (n=427)

Residential telephone numbers

6. = 6 or more

7. Don't know / not sure

9. Refused

Q13.15 How many adult members of your household currently use a cell phone for any purpose? (n=4,824)

1. One (25.0%)

2. Two (28.6%)

3. Three (2.7%)

4. Four (0.6%)

5. Five (0.1%)

6. Six or more (0.0%)

7. Don't know / not sure

8. None (43.0%)

9. Refused

Q13.16 Indicate sex of respondent. Ask only if necessary.

1. Male **skips to q14.1** (49.0%)

2. Female (51.0%)

Q13.17 -- **only get if q13.16 = 2 and q13.1 < 45 (FEMALE UNDER 45 YEARS OLD)** To your knowledge, are you now pregnant? (n=1,336)

1. Yes (7.0%)

2. No (93.0%)

7. Don't know / not sure

9. Refused

## Section 14: Disability

The following questions are about health problems or impairments you may have.

Q14.1 Are you limited in any way in any activities because of physical, mental, or emotional problems? (n=4,810)

1. Yes (19.1%)
2. No (80.9%)
7. Don't know / not sure
9. Refused

Q14.2 Do you now have any health problem that requires you to use special equipment, such as a cane, a wheelchair, a special bed, or a special telephone? (n=4,822)

Include occasional use or use in certain circumstances.

1. Yes (4.6%)
2. No (95.4%)
7. Don't know / not sure
9. Refused

## Section 15: Physical Activity

Q15.1 -- **only get if q13.8 < 3** When you are at work, which of the following best describes what you do? Would you say: Mostly sitting or standing, Mostly walking, or Mostly heavy labor or physically demanding work? If respondent has multiple jobs, include all jobs. (n=2,953)

1. Mostly sitting or standing (60.3%)
2. Mostly walking (21.6%)
3. Mostly heavy labor or physically demanding work (18.1%)
7. Don't know / not sure
9. Refused

We are interested in two types of physical activity: vigorous and moderate. Vigorous activities cause large increases in breathing or heart rate while moderate activities cause small increases in breathing or heart rate.

Q15.2 Now, thinking about the moderate physical activities you do [fill in (when you are not working) if "employed" or "self-employed" to Section q13.8] in a usual week, do you do moderate activities for at least 10 minutes at a time, such as brisk walking, bicycling, vacuuming, gardening, or anything else that causes small increases in breathing or heart rate? (n=4,794)

1. Yes (88.7%)
2. No **skips to q15.5** (11.3%)
7. Don't know / not sure **skips to q15.5**
9. Refused **skips to q15.5**

Q15.3 -- **only get if q15.2 = 1** How many days per week do you do these moderate activities for at least 10 minutes at a time? (n=4,197)

Enter days per week

77. Don't know / not sure
  99. Refused
- Mean (5.2 days)

Q15.4 -- **only get if q15.2 = 1** On days when you do moderate activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities? (n=3,930)

Hours and minutes per day

777. Don't know / not sure
999. Refused

Q15.5 Now thinking about the vigorous physical activities you do [fill in (when you are not working) if "employed" or "self-employed" to Section q13.8] in a usual week, do you do vigorous activities for at least 10 minutes at a time, such as running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate? (n=4,779)

1. Yes (51.4%)
2. No **skips to q16.1** (48.6%)
7. Don't know / not sure **skips to q16.1**
9. Refused **skips to q16.1**

Q15.6 -- **only get if q15.5 = 1** How many days per week do you do these vigorous activities for at least 10 minutes at a time? (n=2,344)

Enter days per week

77. Don't know / not sure
  99. Refused
- Mean (3.9 days)

Q15.7 -- **only get if q15.5 = 1** On days when you do vigorous activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities? (n=2,268)

Enter hours and minutes per day

777. Don't know / not sure
999. Refused

## Section 16: Prostate Cancer Screening

Q16.1 -- **only get if q13.16 = 1 and q13.1 > 39** (male 40 and older) A Prostate Specific Antigen test, also called a PSA test, is a blood test used to check men for prostate cancer. Have you ever had a PSA test? (n=1,227)

1. Yes (56.2%)
2. No **skips to q16.3** (43.8%)
7. Don't know / not sure **skips to q16.3**
9. Refused **skips to q16.3**

Q16.2 -- **only get if q16.1 = 1** How long has it been since you had your last PSA test? (n=676)

1. Within the past year (1 to 12 months ago) (70.1%)
2. Within the past 2 years (1 to 2 years) (15.1%)
3. Within the past 3 years (2 to 3 years) (6.7%)
4. Within the past 5 years (3 to 5 years) (4.8%)
5. 5 or more years ago (3.4%)
7. Don't know / not sure
9. Refused

Q16.3 -- **only get if q13.16 = 1 and q13.1 > 39** (male 40 and older) A digital rectal exam is an exam in which a doctor, nurse, or other health professional places a gloved finger into the rectum to feel the size, shape, and hardness of the prostate gland. Have you ever had a digital rectal exam? (n=1,256)

1. Yes (79.5%)
2. No **skips to q16.5** (20.6%)
7. Don't know / not sure **skips to q16.5**
9. Refused **skips to q16.5**

Q16.4 -- **only get if q16.3 = 1** How long has it been since your last digital rectal exam? (n=973)

1. Within the past year (1 to 12 months ago) (50.1%)
2. Within the past 2 years (1 to 2 years) (17.1%)
3. Within the past 3 years (2 to 3 years) (8.0%)
4. Within the past 5 years (3 to 5 years) 8.9%)
5. 5 or more years ago (15.9%)
7. Don't know / not sure
9. Refused

Q16.5 -- **only get if q13.16 = 1 and q13.1 > 39** (male 40 and older) Have you ever been told by a doctor, nurse, or other health professional that you had prostate cancer? (n=1,264)

1. Yes (3.5%)
2. No (96.6%)
7. Don't know / not sure
9. Refused

Q16.6 -- **only get if q13.16 = 1 and q13.1 > 39** (male 40 and older) Has your father, brother, son, or grandfather ever been told by a doctor, nurse, or health professional that he had prostate cancer? (n=1,215)

1. Yes (14.4%)
2. No (85.6%)
7. Don't know / not sure
9. Refused

## Section 17: Colorectal Cancer Screening

Q17.1 -- **only get if q13.1 > 49** (50 years old or older) A blood stool test is a test that may use a special kit at home to determine whether the stool contains blood. Have you ever had this test using a home kit? (n=1,987)

1. Yes (42.4%)
2. No **skips to q17.3** (57.3%)
7. Don't know / not sure **skips to q17.3**
9. Refused **skips to q17.3**

Q17.2 -- **only get if q17.1 = 1** How long has it been since you had your last blood stool test using a home kit? (n=791)

1. Within the past year (1 to 12 months ago) (43.3%)
2. Within the past 2 years (1 to 2 years ago) (19.2%)
3. Within the past 5 years (2 to 5 years ago) (20.7%)
4. 5 or more years ago (16.8%)
7. Don't know / not sure
9. Refused

Q17.3 -- **only get if q13.1 > 49** (50 years old or older) Sigmoidoscopy and colonoscopy are exams in which a tube is inserted in the rectum to view the bowel for signs of cancer or other health problems. Have you ever had either of these exams? (n=1,968)

1. Yes (42.8%)
2. No **skips to q18.1** (57.2%)
7. Don't know / not sure **skips to q18.1**
9. Refused **skips to q18.1**

Q17.4 -- **only get if q17.3 = 1** How long has it been since you had your last sigmoidoscopy or colonoscopy? (n=823)

1. Within the past year (1 to 12 months ago) (27.7%)
2. Within the past 2 years (1 to 2 years ago) (18.2%)
3. Within the past 5 years (2 to 5 years ago) (31.0%)
4. Within the past 10 years (5 to 10 years ago) (10.0%)
5. 10 or more years ago (13.2%)
7. Don't know / not sure
9. Refused

## Section 18: HIV/AIDS

The next few questions are about the national health problem of HIV, the virus that causes AIDS. Please remember that your answers are strictly confidential and that you don't have to answer every question if you don't want to.

I'm going to read two statements about HIV, the virus that causes AIDS. After I read each one, please tell me whether you think it is true or false, or if you don't know.

Q18.1 -- **only get if q13.1 < 65** (under 65 years old) A pregnant woman with HIV can get treatment to help reduce the chances that she will pass the virus on to her baby. (n=2,590)

1. True (75.2%)
2. False (24.8%)
7. Don't know / not sure
9. Refused

Q18.2 -- **only get if q13.1 < 65** (under 65 years old) There are medical treatments available that are intended to help a person who is infected with HIV to live longer. (n=3,491)

1. True (97.5%)
2. False **skips to q18.4** (2.5%)
7. Don't know / not sure **skips to q18.4**
9. Refused **skips to q18.4**

Q18.3 -- **only get if q18.2 = 1** How effective do you think these treatments are helping persons with HIV to live longer? Would you say very effective, somewhat effective, or not at all effective? (n=2,933)

1. Very effective (16.1%)
2. Somewhat effective (81.8%)
3. Not at all effective (2.1%)
7. Don't know / not sure
9. Refused

Q18.4 -- **only get if q13.1 < 65** (under 65 years old) How important do you think it is for people to know their HIV status by getting tested? Would you say very important, somewhat important, or not at all important? (n=3,733)

1. Very important (89.4%)
2. Somewhat important (9.7%)
3. Not at all important (1.0%)
7. Don't know / not sure
9. Refused

Q18.5 -- **only get if q13.1 < 65** (under 65 years old) As far as you know, have you ever been tested for HIV? Do not count tests you may have had as part of a blood donation. Include saliva tests. (n=3,678)

1. Yes (41.1%)
2. No **skips to q18.9** (58.9%)
7. Don't know / not sure **skips to q18.9**
9. Refused **skips to q18.9**

Q18.6 -- **only get if q18.5 = 1** Not including blood donations, in what month and year was your last HIV test? Include saliva tests. (n=1,414)

Code month and year  
7777. Don't know / not sure  
6666. Refused

Q18.7 -- **only get if q18.5 = 1** What was the main reason you had your test for HIV in [date from Q18.6]? (n=1,501)

- Reason code
01. For hospitalization or surgical procedure (5.3%)
  02. To apply for health insurance (1.3%)
  03. To apply for life insurance (6.6%)
  04. For employment (3.4%)
  05. To apply for a marriage license (2.9%)
  06. For military induction or military service (8.0%)
  07. For immigration (1.3%)
  08. Just to find out if you were infected (24.7%)
  09. Because of referral by a doctor (1.3%)
  10. Because of pregnancy (18.6%)
  11. Referred by your sex partner (1.4%)
  13. For routine checkup (12.6%)
  14. Because of occupational exposure (4.1%)
  15. Because of illness (2.0%)
  16. Because I am at risk for HIV (1.2%)
  87. Other (5.4%)
  77. Don't know / not sure
  99. Refused

Q18.8 -- **only get if q18.5 = 1** Where did you have the HIV test in [fill in date from q18.6]? (n=1,513)

- Facility code
01. Private Doctor, HMO (35.0%)
  02. Blood bank, plasma center, Red Cross (0.2%)
  03. Health department (10.1%)
  04. AIDS clinic, counseling, testing site (0.5%)
  05. Hospital, emergency room, outpatient clinic (22.8%)
  06. Family planning clinic (1.7%)
  07. Prenatal clinic, obstetrician's office (1.8%)
  08. Tuberculosis clinic (0.1%)
  09. STD clinic (0.3%)
  10. Community health clinic (6.2%)
  11. Clinic run by employer (0.9%)
  12. Insurance company clinic (1.9%)
  13. Other public clinic (1.9%)
  14. Drug treatment facility (0.1%)
  15. Military induction or military service site (8.3%)
  16. Immigration site (0.2%)
  17. At home, home visit by nurse or health worker (3.5%)
  18. At home using self sampling kit (0.1%)
  19. In jail or prison (0.6%)
  87. Other (3.8%)
  77. Don't know / not sure
  99. Refused

The next question is about sexually transmitted diseases other than HIV, such as syphilis, gonorrhea, chlamydia, or genital herpes.

Q18.9 -- **only get if q13.1 < 65** (under 65 years old) In the past 12 months has a doctor, nurse, or other health professional talked to you about preventing sexually transmitted diseases through condom use? (n=3,801)

1. Yes (12.1%)
2. No (87.9%)
7. Don't know / not sure
9. Refused

## Module 6: Oral Health

M6.1 How long has it been since you last visited a dentist or a dental clinic for any reason? (n=4,714)

Include visits to dental specialist, such as orthodontists.

1. Within the past year (1 to 12 months ago) (65.4%)
2. Within the past 2 years (1 to 2 years ago) (13.7%)
3. Within the past 5 years (2 to 5 years ago) (9.7%)
4. 5 or more years ago (10.9%)
8. Never (0.3%)
7. Don't know / not sure
9. Refused

M6.2 How many of your permanent teeth have been removed because of tooth decay or gum disease? Do not include teeth lost for other reasons, such as injury or orthodontics. Include teeth lost due to "infection". (n=4,679)

1. 1 to 5 (25.3%)
2. 6 or more but not all (10.6%)
3. All (6.6%)
8. None (57.6%)
7. Don't know / not sure
9. Refused

M6.3 -- **only get if M6.1 ≠ 8 or M6.2 ≠ 3** How long has it been since you had your teeth cleaned by a dentist or dental hygienist? (n=4,324)

1. Within the past year (1 to 12 months ago) (64.6%)
2. Within the past 2 years (1 to 2 years ago) (14.7%)
3. Within the past 5 years (2 to 5 years ago) (10.1%)
4. 5 or more years ago (9.0%)
8. Never (1.7%)
7. Don't know / not sure
9. Refused

M6.4 -- **only get if M6.1 ≠ 1 or M6.3 ≠ 1** What is the main reason you have not visited the dentist in the past year? (n=1,614)

- Reason code
01. Fear, apprehension, nervousness, pain, dislike going (7.7%)
  02. Cost (36.3%)
  03. Do not have/know a dentist (2.0%)
  04. Cannot get to the office/clinic (too far away, no transportation, no appointments available) (1.8%)
  05. No reason to go (no problems, no teeth) (34.4%)
  06. Other priorities (7.5%)
  07. Have not thought of it (4.4%)
  08. Other (5.9%)
  77. Don't know / not sure
  99. Refused

M6.5 Do you have any kind of insurance coverage that pays for some or all of your routine dental care, including dental insurance, prepaid plans such as HMOs, or government plans such as Medicaid? (n=4,693)

1. Yes (55.1%)
2. No (44.9%)
7. Don't know / not sure
9. Refused

#### State Added: Tobacco Prevention

S7 Have you ever used or tried any smokeless tobacco products such as chewing tobacco or snuff? (n=4,743)

1. Yes (19.7%)
2. No **skips to S9** (80.3%)
7. Don't know / not sure **skips to S9**
9. Refused **skips to S9**

S8 -- **only get if S7 = 1** Do you currently use chewing tobacco or snuff every day, some days, or not at all? (n=851)

1. Every day (16.8%)
2. Some days (7.6%)
3. Not at all (75.7%)
7. Don't know/ not sure
9. Refused

S9 Have you ever smoked a cigar, even one or two puffs? (n=4,741)

1. Yes (44.1%)
2. No **skips to S11** (55.9%)
7. Don't know / not sure **skips to S11**
9. Refused **skips to S11**

S10 -- **only get if S3 = 1** Do you now smoke cigars every day, some days, or not at all? (n=1,958)

1. Every day (0.4%)
2. Some days (9.6%)
3. Not at all (90.1%)
7. Don't know/ not sure
9. Refused

S11 In the past 30 days has anyone, including yourself, smoked cigarettes, cigars, or pipes anywhere inside your home? (n=4,744)

1. Yes (17.1%)
2. No (82.9%)
7. Don't know/ Not Sure
9. Refused

#### State Added: Children's Health Insurance

S12 -- **only get if q13.6 = 1 (One child in the household or if more than one child then one is randomly chosen)** My next question is about children's health insurance. Does the child in the household have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicaid or the Children's Health Insurance Program, also known as CHIP? (n=1,909)

1. Yes **skips to S13** (89.9%)
2. No **skips to S13** (10.1%)
7. Don't know / not sure **skips to S13**
9. Refused **skips to S13**

#### State Added: Asthma

S13 -- **only get if q6.1 = 1, else go to S17** How old were you when you were first told by a doctor, nurse, or other health professional that you had asthma? (n=542)

- Age in years 11 or older (96 = 96 and older)
97. Age 10 or younger
  98. Don't know / not sure
  99. Refused

S14 -- **only get if q6.1 = 1 else go to S17** During the past 12 months, how many times did you visit an emergency room or urgent care center because of your asthma? (n=403)

- Number of Visits (87 = 87 or More)
88. None (89.3%)
  98. Don't know / not sure
  99. Refused
  - One or more visits (10.7%)

S15 -- **only get if q6.1 = 1 [If S14 > 0, start with (Besides those emergency room visits)]** During the past 12 months, how many times did you see a doctor, nurse, or other health professional for urgent treatment of worsening asthma symptoms? (n=394)

- Number of visits (87 = 87 or More)
88. None (82.3%)
  98. Don't know / not sure
  99. Refused
  - One or more visits (17.7%)

S16 -- **only get if q6.1 = 1** During the past 12 months, how many days were you unable to work or carry out your usual activities because of your asthma? (n=394)

- Enter number of days
888. None (76.4%)
  777. Don't know/ not Sure
  999. Refused
  - One or more days (23.6%)

S17 -- **only get if q13.6 < 88** Asked of all respondents with children. Earlier you said there were [fill in number from Section q13.6] children age 17 or younger living in your household. How many of these children have ever been diagnosed with asthma? (n=1,913)

- Number of children
88. None (86.6%)
  77. Don't know/ not Sure
  99. Refused
  - At least one child 17 or younger with Asthma (13.4%)

#### State Added: Radon

S18 The next section is about radon. Have you heard of radon, which is a radioactive gas that occurs in nature? (n=4,735)

1. Yes (82.8%)
2. No **skips to S22** (16.4%)
7. Don't know / not sure **skips to S22** (0.8%)
9. Refused **skips to S22**

S19 -- **only get if S18 = 1** Has your household air been tested for the presence of radon gas? (n=3,931)

1. Yes (15.0%)
2. No (77.3%)
7. Don't know / not sure (7.7%)
9. Refused

S20 -- **only get if S18 = 1** Please indicate your agreement or disagreement with the following statement: Prolonged exposure to radon gas can be harmful to your health. Do you agree or disagree? (n=3,924)

1. Agree (85.1%)
2. Disagree **skips to S22** (2.7%)
7. Don't know / not sure **skips to S22** (12.2%)
9. Refused **skips to S22**

S21 -- **only get if S18 = 1** Do you think lung cancer can be caused by prolonged radon exposure? (n=3,333)

1. Yes (52.4%)
2. No (3.3%)
7. Don't know / not sure (44.3%)
9. Refused

#### State Added: Quality of Life and Care Giving

S22 -- **only get if q14.1 = 1 or (q14.1 = 2 and q14.2 = 1). If q14.1 = 1:** Previously you said that you have a physical, mental, or emotional problem that limits your activities. **If q14.1 = 2 and q14.2 = 1:** Previously you said you use special equipment because of a health problem. What is your major impairment or health problem? (n=998)

01. Arthritis/rheumatism (14.7%)
02. Back or neck problem (17.2%)
03. Fractures, bone/joint injury (12.6%)
04. Walking problem (7.9%)
05. Lung/breathing problem (5.4%)
06. Hearing problem (0.6%)
07. Eye/vision problem (2.8%)
08. Heart problem (5.8%)
09. Stroke problem (1.9%)
10. Hypertension/high blood pressure (0.7%)
11. Diabetes (2.2%)
12. Cancer (1.7%)
13. Depression/anxiety/emotional problem (8.0%)
14. Other impairment/problem (18.7%)
99. Refused

S23 -- **only get if q14.1 = 1 or (q14.1 = 2 and q14.2 = 1)** For how long have your activities been limited because of your major impairment or health problem? (n=978)

- Enter the number of days, weeks, months, or years
777. Don't know / not Sure
  999. Refused

S24 -- **only get if q14.1 = 1 or (q14.1 = 2 and q14.2 = 1)** Because of any impairment or health problem, do you need the help of other persons with your personal care needs, such as eating, bathing, dressing, or getting around the house? (n=1,010)

1. Yes (8.6%)
2. No (91.4%)
7. Don't know / not sure
9. Refused

S25 -- **only get if q14.1 = 1 or (q14.1 = 2 and q14.2 = 1)** Because of any impairment or health problem, do you need the help of other persons in handling your ROUTINE needs, such as everyday household chores, doing necessary business, shopping, or getting around for other purposes? (n=1,005)

1. Yes (26.8%)
2. No (73.3%)
7. Don't know / not sure
9. Refused

S26 -- **only get if q14.1 = 1 or (q14.1 = 2 and q14.2 = 1)** During the past 30 days, for about how many days did pain make it hard for you to do your usual activities, such as self-care, work, or recreation? (n=967)

- Enter number of days
88. None
  77. Don't know / not sure
  99. Refused
- Mean (12.2 days)

S27 -- **only get if q14.1 = 1 or (q14.1 = 2 and q14.2 = 1)** During the past 30 days, for about how many days have you felt you did not get enough rest or sleep? (n=981)

- Enter number of days
88. None
  77. Don't know / not sure
  99. Refused
- Mean (12.3 days)

#### State Added: Health District

S28 Is the water in your household provided by a well, a city or municipal water supply, or some other source? If "other" ask, "What is your household's source of water?" (n=4,662)

1. Well (private or shared) (30.6%)
2. City or municipal water supply **skips to S30** (68.1%)
3. Other (specify) **skips to S30** (1.2%)
7. Don't know / not sure **skips to S30**
9. Refused **skips to S30**

S29 -- **only get if S28 = 1** Has your well water been tested in the past 12 months? (n=1,370)

1. Yes (44.9%)
2. No (55.1%)
7. Don't know / not sure
9. Refused

S30 Was there a time during the past 12 months when you believe you have become ill because of what you ate at a restaurant? (n=4,691)

1. Yes (18.0%)
2. No (82.0%)
7. Don't know / not sure
9. Refused

S31 After handling raw meat or chicken in the kitchen, which of the following best describes what you usually do next? Please Read. (n=4,695)

1. Continue cooking (1.7%)
2. Rinse and/or wipe your hands, then continue cooking (10.6%)
3. Wash your hands with soap and water, then continue cooking (79.3%)
4. You don't handle uncooked meat or chicken (7.8%)
5. Other (0.6%)
7. Don't know / not sure
9. Refused

#### State Added: Injury

S32 How often do you use seatbelts when you drive or ride in a car? Would you say always, nearly always, sometimes, seldom, or never? (n=4,716)

1. Always (65.2%)
2. Nearly Always (19.5%)
3. Sometimes (8.3%)
4. Seldom (3.6%)
5. Never (3.6%)
7. Don't know / not sure
8. Never drive or ride in car (0.1%)
9. Refused

S33 -- **only get if q13.6 ≠ 888** What is the age of the oldest child in your household under the age of 16? (n=1,910)

- Age in years
77. Don't know / not sure **skips to S36**
  88. No children under age 16 **skips to S36**
  99. Refused **skips to S36**

S34 -- **only get if S33 < 77** How often does the [fill in age from S33] year old child in your household use a (car safety seat [for children under 5] seatbelt [for children 5 or older]) when they ride in a car? Would you say always, nearly always, sometimes, seldom, or never? (n=1,735)

1. Always (80.2%)
2. Nearly Always (13.5%)
3. Sometimes (4.3%)
4. Seldom (0.8%)
5. Never (1.3%)
7. Don't know / not sure
8. Never rides in car (0.0%)
9. Refused



S35 -- **only get if S33 > 4** During the past year, how often has the [fill in age from s33] year old child worn a bicycle helmet when riding a bicycle? Would you say always, nearly always, sometimes, seldom, or never? (n=1,389)

1. Always (30.6%)
2. Nearly Always (14.7%)
3. Sometimes (14.1%)
4. Seldom (8.1%)
5. Never (22.3%)
7. Don't know / not sure
8. Never rides a bicycle (10.2%)
9. Refused

S36 During the past 12 months, how often have you worn a bicycle helmet when riding a bicycle? Would you say always, nearly always, sometimes, seldom, or never? (n=4,715)

1. Always (9.1%)
2. Nearly Always (2.8%)
3. Sometimes (3.0%)
4. Seldom (2.1%)
5. Never (29.2%)
7. Don't know / not sure
8. Never rides a bicycle (53.9%)
9. Refused

S37 -- **only get if S33 < 13** How often does the [S33] year old child sit in the front seat when they ride in a car? Would you say always, nearly always, sometimes, seldom, or never? (n=1,114)

1. Always (4.3%)
2. Nearly Always (5.3%)
3. Sometimes (32.1%)
4. Seldom (18.3%)
5. Never (40.0%)
7. Don't know / not sure
8. Never rides in car (0.0%)
9. Refused

#### State Added: Substance Abuse

S38 I am now going to ask about your non-medical use of drugs. "Non-medical use" means using drugs not prescribed by a doctor, or used to get high or for curiosity. I will be asking about marijuana (pot or hashish), cocaine (including crack), heroin or drugs like heroin (such as codeine or Demerol), and crank (also known as methamphetamine or ice). Remember, all information on this survey is strictly confidential. Have you ever used any of the drugs I just mentioned? (n=4,688)

1. Yes (26.7%)
2. No **skips to S42** (73.3%)
7. Don't know / not sure **skips to S42**
9. Refused **skips to S42**

S39 -- **only get if S38 = 1** About how many times in the last 12 months have you used marijuana, in any form, for non-medical reasons? (n=1,172)

(Please Read 1-6)

1. 1 or 2 times (6.5%)
2. 3 - 10 times (7.1%)
3. 11 - 49 times (4.1%)
4. 50 - 99 times (1.1%)
5. 100 times or more (3.1%)
6. No use in last 12 months (78.1%)
7. Don't know / not sure
9. Refused

S40 -- **only get if S38 = 1** About how many times in the last 12 months have you used heroin? (n=1,174)

(Please Read 1-6)

1. 1 or 2 times (0.0%)
2. 3 - 10 times (0.0%)
3. 11 - 49 times (0.2%)
4. 50 - 99 times (0.0%)
5. 100 times or more (0.0%)
6. No use in last 12 months (99.8%)
7. Don't know / not sure
9. Refused

S41 -- **only get if S38 = 1** About how many times in the last 12 months have you used Crank? (n=1,175)

1. 1 or 2 times (2.0%)
2. 3 - 10 times (0.7%)
3. 11 - 49 times (0.2%)
4. 50 - 99 times (0.1%)
5. 100 times or more (0.8%)
6. No use in last 12 months (96.2%)
7. Don't know / not sure
9. Refused

#### State Added: Sexual Behavior

S42 -- **only get if q13.1 < 50 (under 50 years old)**

The next three questions are about your personal sexual behavior. You can choose to either continue with these questions or skip over these questions. Remember that you can continue with these questions and still refuse to answer any question that may seem uncomfortable. Would you like to continue with these questions or skip over them? (n=2,862)

1. Continue with sexual behavior questions (75.0%)
2. Skip sexual behavior questions **skips to S46** (25.0%)

S43 -- **only get if S42 = 1** During the past 12 months, with how many people have you had sexual intercourse? (n=2,139)

Enter number (76 = 76 or more)

88. None **skips to S46**
77. Don't know / not sure
99. Refused
- Mean (1 person)

S44 -- **only get if S43 = 88** Was a condom used the last time you had sexual intercourse? (n=1,868)

1. Yes (18.4%)
2. No **skips to S46** (81.6%)
7. Don't know / not sure **skips to S46**
9. Refused **skips to S46**

S45 -- **only get if S44 = 1** The last time you had sexual intercourse, was the condom used to prevent pregnancy, to prevent diseases like syphilis, gonorrhea, and AIDS, for both of these reasons, or for some other reason? (n=321)

1. To prevent pregnancy (49.6%)
2. To prevent diseases like syphilis, gonorrhea, and AIDS (4.9%)
3. For both of these reasons (42.4%)
4. For some other reason (3.1%)
7. Don't know / not sure
9. Refused

#### State Added: Mental Health

S46 These next few questions ask about your mental and emotional health. In the past year, did you seek help from family or friends for any mental or emotional problems? (n=4,690)

1. Yes (15.9%)
2. No (84.1%)
7. Don't know / not sure
9. Refused

S47 In the past year, did you seek help from a therapist, counselor or self-help group for any mental or emotional problems? (n=4,694)

1. Yes (8.8%)
2. No (91.2%)
7. Don't know / not sure
9. Refused

S48 During the past year have you thought you might have depression? (n=4,665)

1. Yes (27.3%)
2. No **skips to S52** (72.7%)
7. Don't know / not sure **skips to S42**
9. Refused **skips to S42**

S49 -- **only get if S48 = 1** During the past year have you been diagnosed with depression? (n=1,327)

1. Yes (28.3%)
2. No **skips to S52** (71.7%)
7. Don't know / not sure **skips to S52**
9. Refused **skips to S52**

S50 -- **only get if S46 = 1** During the past year have you received treatment for your depression? (n=386)

1. Yes (95.6%)
2. No **skips to S52** (4.4%)
7. Don't know / not sure **skips to S52**
9. Refused **skips to S52**

S51 -- **only get if S50 = 1** Who treated you for depression? (n=360)

01. Psychologist (6.2%)
02. Psychiatrist (18.8%)
03. Family doctor (65.1%)
04. Mental health center (3.0%)
05. Self-help group (0.4%)
06. Family or Friends (0.2%)
07. Pastor, priest, rabbi or other religious counselor (0.4%)
08. Other (specify) (6.1%)
77. Don't know / not sure
99. Refused

S52 Have you needed treatment for any mental or emotional problems during the last five years but been unable to get it? (n=4,683)

1. Yes (2.8%)
2. No **skips to S54** (97.2%)
7. Don't know / not sure **skips to S54**
9. Refused **skips to S54**

S53 -- **only get if S52 = 1** Why were you unable to get treatment for your mental or emotional problem? (n=137)

01. Cost/Couldn't afford (77.8%)
02. Insurance would not cover (5.8%)
03. Lack transportation (0.2%)
04. No place was close enough/available/convenient (3.3%)
05. Do not know where to go (1.4%)
06. Do not trust psychiatrists/psychologist/doctors (0.0%)
07. Embarrassed/Stigmatism (2.6%)
08. Other (specify) (8.9%)
77. Don't know / not sure
99. Refused

S54 Has anyone in your family ever committed suicide? (n=4,679)  
Include only grandparents, parents and siblings.

1. Yes (5.2%)
2. No (94.9%)
7. Don't know / not sure
9. Refused

S55 Have you ever attempted suicide? (n=4,691)

1. Yes (4.4%)
2. No **skips to closing** (95.6%)
7. Don't know / not sure **skips to closing**
9. Refused **skips to closing**

S56 -- **only get if S55 = 1** When did you make the last attempt? (n=219)

1. Within the past year (1 to 12 months ago) (7.9%)
2. Within the past 5 years (1 to 5 years ago) (18.3%)
3. Within the past 10 years ago (5 to 10 years ago) (19.6%)
4. More than 10 years ago (54.2%)
7. Don't know / not Sure
9. Refused

# Appendix B

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